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Bhaiṣajyaratnāvalī

Of
Govinda Dasji Bhiṣagratna

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English Translated by
Dr. Kanjiv Lochan

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Of

Govinda Dasji Bhiṣagratna

English

Dr. Kan

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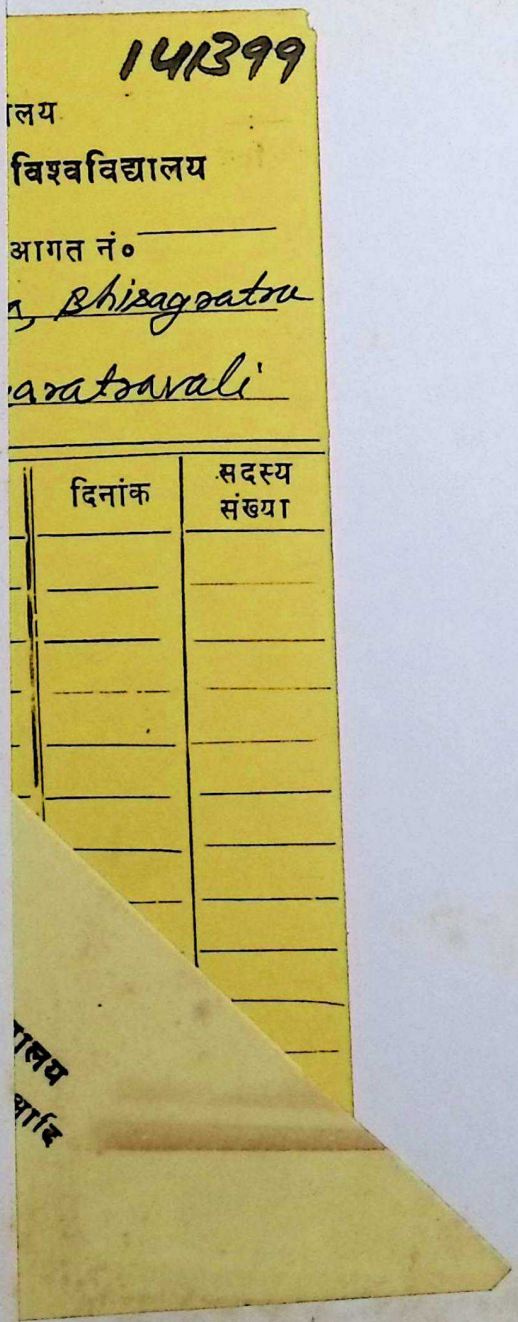
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Bhaiṣajyaratnāvalī

Volume - II

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THE
CHAUKHAMBHA SANSKRIT BHAWAN SERIES
67

BHAIṢAJYARATNĀVALĪ

OF

SHRI GOVINDA DASJI

Volume - II

Edited and Enlarged by
Bhiṣagratna Shrī Brahmashankar Mishra

Commented upon by
Shrī Kavirāja Ambikadatta Shāstrī, Āyurvedāchārya

English Translation by
Dr. Kanjiv Lochan
Ph.D, Jawaharlal Nehru University, New Delhi

Translation Technically Reviewed by
Dr. Anand K. Choudhary
Senior Lecturer
Department of Rasa Shastra & Bhaishajya Kalpana
(Ayurvedic Pharmaceutics)
Institute of Post Graduate Teaching and Research in Ayurved
Gujarat Ayurved University, Jamnagar (India)

CHAUKHAMBHA SANSKRIT BHAWAN
VARANASI

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Publishers :

© CHAUKHAMBHA SANSKRIT BHAWAN

Post Box No. 1160
CHOWK, (Bank of Baroda Building)
VARANASI-221001 (India)
Phone : 0542-2420414

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615.536
mis - B.2

Edition : First 2006
Price : Rs. 925.00 (Each Vol.)
Rs. 2775.00 (Sets Of Three Vols.)

ISBN : 81-86937-93-5 (Vol. II)
81-86937-91-9 (Set)

Head Office :
CHAUKHAMBHA SANSKRIT SANSTHAN
Post Box No. 1139
K. 37 / 116, Gopal Mandir Lane, Golghar, Near Maidagin
Varanasi-221001 (India)
Phone : 2333445, 3957859
Fax No. : 0542-2333445
E-mail : cssvns@sify.com

Sister Concern :
CHAUKHAMBHA PUBLICATIONS
4262/3, Ansari Road, Darya Ganj
New Delhi-110002
Phone:011-23268639, 23259050
Fax No. : 011-23268639
E-mail : cpub@vsnl.net

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A Note on Transliteration

The system of pronunciation of Devanagri script is not very easy to learn through the Roman alphabet. The following list largely represents the method employed in this work:

अ	A	क	Ka	ढ	Ḍha/ḍha	य	Ya
आ	Ā/ ā	ख	Kha	ण	Ṇa/ṇa	र	Ra
इ	E	ग	Ga	त	Ta	ल	La
ई	ī / Ī	घ	Gha	थ	Tha	व	Va
उ	U	ङ	Ñga	द	Da	श	Śa/śa
ऊ	Ū / ū	च	Ca	थ	Dha	ष	Ṣa/ṣa
ऋ	Ṛi / ṛi	छ	Cha	न	Na	स	Sa
ए	E	ज	Ja	प	Pa	ह	Ha
ऐ	Ai	झ	Jha	फ	Pha	क्ष	Kṣa
ओ	O	ळ	ñ			त्र	Tra
औ	Au	ट	Ṭa/ṭa	ब	Ba	ज्ञ	Gya
अं	An	ठ	Ṭha/ṭha	भ	Bha		
अः	Ah	ड	Ḍa /ḍa	म	Ma		

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Weights and Measures

1 *Rattikā* or *Guñjā*	125 mg.	
8 *Rattis* or *Guñjā* s	1 *Māṣa*	1 g
12 *Māṣas*	1 *Karṣa* (*Tolā*)	12 g.
2 *Karṣas* (*Tolās*)	1 *Śukti*	24 g.
2 *Śukti* s	1 *Pala*	48 g.
(4 *Karṣas* or 4 *Tolās*)		
2 *Palas*	1 *Prasrti*	96 g./ml.
2 *Prasrtis*	1 *Kuḍava*	192 g./ml.
2 *Kudavas*	1 *Manikā*	384 g./ml.
2 *Manikas*	1 *Prastha*	750 g./ml
4 *Prasthas*	1 *Āḍhaka*	3 kg./litres
4 *Āḍhakas*	1 *Droṇa*	12.50 kg./litres
2 *Droṇa* s	1 *Śūrpa*	25 kg./litres
2 *Śūrpas*	1 *Droṇi*(*Vāhi*)	50 kg./litres
4 *Droṇis*	1 *Khāri*	200 kg./litres
1 *Pala*		48 gm./ml.
1 *Tulā*	5 kg./litres	
20 *Tulās*	1 *Bhāra*	100 kg./litres

In the case of liquids, the metric equivalents would be the corresponding litre and milliliter.

Linear Measures

Classical Unit	***Inches***	***Metric Equivalents***
Yavodara	1/8 of ¾"	0.24 cm.
Angula	¾"	1.95 cm.
Bitahasti	9"	22.86 cm.
Aratani	10 ½"	41.91 cm.
Nṛpahasta (Rājahasta)	22"	55.88 cm.
Vyam	72"	182.88 cm.

Measurement of Time

2 Kṣaṇa	1 Lava	
2 Lavas	1 Nimeṣa	
3 Nimeṣas	1 Kāstha	4.66 Seconds
1 Ghaṭī		24 Minutes
30 Kāṣṭhas	1 Kalā	2 Minutes 20 Seconds
20 Kalā + 3 Kāṣṭhas	1 Muhūrta	48 Minutes
1 Prahara		3 hours.
30 Muhūrtas	1 Ahorātra	24 Hrs.
15 Ahorātras	1 Pakṣa	15 Days
2 Pakṣas	1 Māsa	30 Days / One Month
2 Māsa	1 Ṛitu	60 Days / Two Months
3 Ṛitus	1 Ayana	6 Months
2 Ayanas	1 Samvatsara	12 Months / One Year
5 Samvatsara	1 Yuga	5 Years
1 Ahorātra of Devas		1 Year
1 Ahorātra of Pitarasa		1 Month

(The chart has generally followed the definitions suggested by Dr. K. Ramachandra Reddy)

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॥ श्रीः ॥

भिषग्वर श्रीगोविन्ददाससंगृहीता

भैषज्यरत्नावली

विमर्श–टिप्पनीसहित–'विद्योतिनी' भाषाटीकोपेता

॥ Śṛī ॥

Bhaiṣajyaratnāvalī

॥ *Authored by Great Physician Śṛī Govind Das* ॥

॥ ***Text and Translation with Commentary*** ॥

अथ हिक्काश्वासचिकित्साप्रकरणम् १६

Chapter 16
Hiccough and Dysponea

This is a single chapter dealing two types of indispositions i.e. hiccough and dysponea or bronchial asthma. However, the prescriptions of both of these diseases have been listed separately as has been the method to describe useful eatables and exercises and helpful activities pertaining to their treatments. The vitiation of *vāta* inside the body produces '*hik-hik*' sound from the mouth with spasm of the abdomen in cases of hiccough or *hikkā*. The *śvāsa roga* is signified as difficult or laboured breathing. In this condition the expiration of the patient is a forceful upward movement is like that of black smith's air blower. At times, the patient goes in agony, feels darkness around. Becomes thirsty and motionless. On count of frequent coughing, the patient faints and remains in distress till *kapha* is coughed out, The patient gets some relief in sitting position.

The treatments of *hikkā* have been described as below.

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अथैतयोश्चिकित्साक्रमः–

हिक्काश्वासातुरे पूर्वं तैलाक्ते स्वेद इष्यते । स्निग्धैर्लवणयोगैश्च मृदु वातानुलोमनम् ।।
ऊर्ध्वाधः शोधनं शक्ते दुर्बले शमनं मतम् ।।१।।

1. To the patient suffering from *hikkā* and *śvāsa*, first of all, *svedana* (fomentation) therapy should be administered after anointing his body with oil mixed with salt; and he should be served a mild laxative that could help in the downward movement of the *vāta*. Thereafter, to a patient having strong physique, *sanśodhana* (elimination) therapies, namely, *vamana* (emetic) therapy and *virecana* (purgation) therapy, should be administered. If the patient is weak, then he should be administered *śamana* (alleviation) therapy.

(Cakradatt)

हिक्काघ्नाः षड्लेहाः–

कोलमज्जाऽञ्जनंलाक्षातिक्ताकाञ्चनगैरिकम्।कृष्णाधात्री सिता शुण्ठी काशीशं दधिनाम च ।।२।।
पाटल्याः सफलं पुष्पं कृष्णा खर्जूरमुस्तकम् । षडेते पादिका लेहा हिक्काघ्ना मधुसंयुताः ।।३।।

2-3. Six types of confections for cure from hikkā

I. Obtain powders of equal parts of the powers of the dried seed of fruit *kola* (jujube), purified *kṛiṣṇa añjana*, and *lākṣā* (lac). Mix them properly and lick the preparation in doses of ½ to 1 gm. with honey.

II. Obtain powders of equal parts of *kaṭukī* and purified *svarṇa gairika* (ochre) and take their mixture in doses of 1 gm. with honey.

III. Take the mixture of the powders of equal parts of pepper, fruit rind of *āmalakī* (embelic), raw sugar and dried ginger with honey. To check *hikkā* one should take daily take the mixture in doses of 1 gm. with honey.

IV. Mix the purified *kāśīśa* (green vitriol) and powder of the fruit rind of catechu in equal parts and take this mixture with honey. One has to take daily the mixture in doses of 500 mg. with honey.

V. Mix the powder of the fruit and flowers of *pāṭala* in equal parts and take this with honey. One has to take daily the mixture in doses of 1 gm. with honey.

And finely VI. Take the powders of pepper, date fruits and *mustaka*. Mix them and take the preparation with honey in doses of 1 gm., on daily basis.

(Cakradatt)

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नावनत्रयं हिक्काघ्नम्–

मधुकं मधुसंयुक्तं पिप्पली शर्करान्विता । नागरं गुडसंयुक्तं हिक्काघ्नं नावनत्रयम् ।।४।।

4. For the cure of hiccough, the following three recipes should be used for *nasya* (inhalation) therapy: (1) *Madhuka* mixed with honey; (2) *Pippalī* mixed with sugar; and (3) *Nāgara* mixed with jaggery.

(Cakradatt)

नावनत्रयं हिक्काघ्नम् (अपरम्)–

स्तन्येनमक्षिकाविष्ठानस्यंवाऽलक्तकाम्बुना । योज्यंहिक्काऽभिभूतायस्तन्यंवा चन्दनान्वितम् ।।५।।

5. Nasal application of the droppings of bee mixed into milk or juice of *alaktaka* or the powder of sandalwood in milk also cures hic-cup.

(Cakradatt)

मातुलुङ्गरसादिप्रयोगः–

मधु सौवर्चलोपेतं मातुलुङ्गरसं पिबेत् । हिक्कार्त्तस्य पयश्छागं हितं नागरसाधितम् ।।६।।

6. Obtain 10 ml. each of the juice of lemon and honey and 3 gm. of *sauvarcala* salt (obtained from the Sāmbhar lake of Rajasthan). They should be mixed and taken. Moreover, the *kalka* of dried ginger boiled in goat's milk can also be taken in cases of hiccough.

(Cakradatt)

काश (शी) मूलचूर्ण हिक्काघ्नम्–

अप्यसाध्यांनयत्यन्तांहिक्कांक्षौद्रविलेहनम् । सद्य एव महारोगं काश (शी) मूलभवं रजः ।।७।।

7. Powder of root of *kāśiphala* (yellow pumpkin) (5 gm.) can be taken with honey (10 gm.) to cure hiccough.

धूमादियोगद्वयं हिक्काघ्नम्–

माषचूर्णभवो धूमो हिक्कां हन्ति न संशयः । असाध्यां साधयेद्धिक्कां सितयैलाभवं रजः ।।८।।

8. The smoke obtained through holed up capsized pot put over the burning *urada* pulse beans can be inhaled to cure hiccoughs. Powdered seed of *elā* (smaller cardamom) can also be taken with honey, to check even difficult cases of hiccup.

मरिचचूर्णं हिक्काघ्नम्–

शर्करा मरिचं चूर्णं लीढं मधुयुतं मुहुः । निहन्ति प्रबलां हिक्कामसाध्यामपि देहिनाम् ।।९।।

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9. Mix equal parts of the powders of black pepper and raw sugar and take the mixture with honey. This recipe controls the severe cases of hiccup.

कदलीमूलरसो हिक्काघ्नः–

हिक्काघ्नः कदलीमूलरसः पेयः सशर्करः ।।१०।।

10. Juice of root of *kadalī* tree (banana) (10 ml.) with raw sugar (10 gm.) can be taken. It also controls the disease.

कृष्णादिचूर्ण हिक्काश्वासघ्नम्–

कृष्णामलकशुण्ठीनां चूर्णं मधुसिताघृतैः । मुहुर्मुहुः प्रयोक्तव्यं हिक्काश्वासनिबर्हणम् ।।११।।

11. Obtain 50 gm. each of powders of of *kṛiṣṇā*, *āmalakī* and *śunṭhī* and 50 gm. worth powdered raw sugar. Mix them and lick the mixture (5 gm.) with honey (5 gm.) and *ghṛitam* (10 gm.). This recipe in doses of 5 gm. should be administered very frequently to the patient suffering from either hic-cup or asthma.

मयूरपिच्छभस्मप्रयोगः–

हिक्कांहरतिप्रबलांश्वासमतिप्रवृद्धंजयति । शिखिपिच्छभस्मपिप्पलीचूर्णंमधुमिश्रितं लीढम् ।।१२।।

12. Mayūrpicca Bhasma

Burn to ashes the dropped wings of peacock in an earthen pot. The ash (125 mg.) of these feathers should be mixed with the powder of *pippalī* (250 mg.) and honey and made to a confection. Intake of this cures serious types of hic-cup and *kāsa* (coughs).

(Cakradatt)

अभयादिप्रयोगौ–

अभयानागरकल्कं पौष्करयावशूकमरिचकल्कं वा ।
तोयेनोष्णेन पिबेच्छ्वासी हिक्की च तच्छान्त्यै ।।१३।।

13. The *kalka* of either *abhayā* (3 gm.) and *nāgara* or *puṣkara* (1 gm.) and *yavaśūka* (1 gm.) should be taken along with hot water. This cures asthma and hic-cup.

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बिभीतकचूर्णप्रयोगः–

कर्षंकलिफलचूर्णंलीढंचात्यन्तमिश्रितंमधुना । अचिराद्धरति श्वासं प्रबलामूर्ध्वहिक्काञ्चैव ।।१४।।

14. Use of Vibhītaka powder

11.5 gm. of the powder of *kali phalā* (*vibhītaka*) should be mixed with adequate quantity of honey and a confection should be made out of it. Intake of this instantaneously cures asthma and vomiting. Powdered fruit rind of *vibhītaka* can also be taken with raw sugar. This is also effective in treating both hiccoughs as well as dysponea.

Prescriptions for dysponea or bronchial asthma or the *śvāsa roga*

(Cakradatt)

गुडप्रयोगः (श्वासे)–

गुडं कटुकतैलेन मिश्रयित्वा समं लिहेत् । त्रिसप्ताहप्रयोगेण श्वासं निर्मूलतो जयेत् ।।१५।।

15. Jaggery and mustard oil should be mixed in equal quantity (10 gm. and 10 ml.) and made to a confection. Intake of this confection for three weeks roots out asthma.

(Cakradatt)

हरिद्राचूर्णम् (च. द. हि. श्वा. १७)–

हरिद्रां मरिचं द्राक्षांगुडं रास्नांकणां शटीम् । जह्यात्तैलेन विलिहञ्-श्वासान् प्राणहरानपि ।।१६।।

16. Haridrā Cūrṇam:

Ingredients: Turmeric, black pepper, grape, old jaggery, *rāsnā*, pepper, *śaṭī* and oil.

Process of Drug-Making: Take equal parts (i.e. 50 gm. each) each of turmeric, black pepper, grape, old jaggery, *rāsnā*, pepper and *śaṭī* in powdered form and mix them together with oil (10 ml.).

Method of use/Administration: This drug should be taken daily in doses of 5 gm.

Therapeutic benefits: Intake of this medicine cures even fatal type of asthma.

(Cakradatt)

शृङ्ग्यादिचूर्णम्–

शृङ्गीमहौषधकणाघनपुष्कराणांचूर्णं शटीमरिचशर्करया समेतम् ।
क्वाथेन पीतममृतावृषपञ्चमूल्याःश्वासं त्र्यहेण शमयेदतिदोषमुग्रम् ।।१७।।

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17. Śṛingyādi Cūrṇam:

Ingredients: *Śṛingī*, dried ginger, pepper, *mustā*, *puṣkara*-roots, *śaṭī* and black pepper along with raw sugar.

Process of Drug-Making: Take 20 gm. each of *śṛingī*, dried ginger, pepper, *mustā*, *puṣkara*-roots, *śaṭī* and black pepper along with 140 gm. of raw sugar. Mix all of them together.

Method of use/Administration: This drug should be taken daily in doses of 5-8 gm. along with honey. One should also take as the *anupāna*, the decoction of *amṛitā*, *vṛiṣa* and *pañcamūla*.

Therapeutic benefits: Intake of this medicine cures, in three days, serious type of asthma caused by the simultaneous aggravation of all the three *doṣas*.

(Cakradatt)

बिल्वादिपत्ररसः–

बिल्वाटरूषदलवारिसमूलशुक्लदण्डोत्पलोत्पलजलं कटुतैलमिश्रम् ।
भार्गीगुडो यदि च यत्र हतप्रभावस्तं श्वासमाशु विनिहन्ति महाप्रभावः ।।१८।।

18. Obtain 3 gm. measure of the juice of the leaves of *bilva* tree and *vāsaka*, 3 gm. measure of juice of the roots and leaves of plant *śukladaṇḍotapala* (*sahadevī*) along with juice of lotus leaves. Mix them with mustard oil measuring 12 gm.. Take this preparation to get cure of difficult cases of dysponea. This drug is capable to treat even those difficult cases of dysponea which are not cured by the *Bhārgī Guḍa* prescribed below.

कूष्माण्डचूर्णम्–

कूष्माण्डकानां चूर्णन्तु पेयं कोष्णेन वारिणा ।शीघ्रंप्रशमयेच्छ्वासं कासं चैव सुदारुणम् ।।१९।।

19. Kuṣmāṇḍa Cūrṇam:

Take the powder of the *kuṣmāṇḍa* (yellow pumpkin) (5 gm.) with warm water to have a quick relief in dysponea.

कृष्णादिचूर्णं श्वासघ्नम्–

कृष्णासैन्धवचूर्णं स्वरसेनशृङ्गबेरस्य । यो लेढि शयनकाले स जयति सप्ताहतः श्वासान् ।।२०।।

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20. Kṛiṣṇādi Cūrṇam

Mix the powders of black pepper and rock salt in equal parts and thus raise 5 gm. of their compound. Take the compound along with juice of ginger (5 ml.) during evening time before sleeping for seven days. It alleviates the *śvāsa*.

गन्धप्रयोगौ (श्वासे)–

गन्धकं मरिचं साज्यं श्वासकासक्षयापहम् । गन्धकं घृतयोगेन श्वासकासक्षयापहम् ।।२१।।

21. Take purified sulphur (1 gm.) and black pepper (2 gm.) and mix both of them in *ghṛitam* (10 gm.) obtained from cow's milk. Or alternatively one could take only purified sulphur (1 gm.) mixed in *ghṛitam*(10 gm.). Both of these drugs helps in curing bronchial asthma.

दशमूलक्वाथः–

दशमूलीकषायस्तु पुष्करेणावचूर्णितः । कासश्वासप्रशमनः पार्श्वहृच्छूलनाशनः ।।२२।।

22. Daśamūla Kvātha:

Ingredients: Herbs of *daśamūla* and roots of *puṣkara*.

Process of Drug-Making: Prepare a decoction of the herbs of *daśamūla* (each taken in equal parts and their combined measure being 50 gm.) and treat the same with 1 gm. measure of the powder of roots of *puṣkara*.

Therapeutic benefits: Intake of the preparation cures bronchitis, asthma, cases of pleurisy and pain in the cardiac region.

(Cakradatt)

धुस्तूरफलशाखादिधूमः–

कनकस्यफलंशाखांपत्रं संकुट्य यत्नतः । शोषयित्वा च तद्धूमपानाच्छ्वासो विनश्यति ।।२३।।

23. Smoke Treatment through plant of dhustūra

Compound the branch, leaves and fruits of the herb *dhustūra* and dry them thoroughly. Obtain an earthen bowl that has a hole in its bottom. Attach a pipe to the hole. Burn the above powder in a smokeless fire and place the capasized bowl above the fire. Obviously the smoke coming out of the *dhustūra* powder would pass through the pipe attached to the bowl. One should inhale the same to get control of the disease.

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दशमूलीक्वाथः–

पिप्पलीचूर्णसंयुक्तं दशमूलीजलं पिबेत् । पार्श्वशूलज्वरश्वासकासश्लेष्म विनाशयेत् ।।२४।।

24. DaśamūlīKvātha:

Ingredients: *Daśamūla* group of herbs (*śaṭī*, *rāsnā*, *pippalī*, *śunṭhī*, *puṣkaramūla*, *śṛīngī*, *āmalakī*, *guḍūcī*, *bhārgī* and *citrakamūla*) and powder of *pippalī*.

Process of Drug-Making: Prepare a decoction of the herbs of *daśamūla* (each taken in equal parts and their combined measure being 50 gm.) and treat the same with 500 mg. to 1 gm. measure of pepper powder.

Method of use/Administration: Treat decoction with the powder of *pippalī* measuring 1 gm.

Therapeutic benefits: It cures one from the ailments of *pārśvaśūla* (pleurisy), fever, *kāsa* (cough) and bronchial diseases.

दशमूल्यादिः क्वाथो यवागूर्वा (यो. र.)–

दशमूलीशटीरास्नापिप्पलीविश्वपौष्करैः । शृङ्गीतामलकीभार्गीगुडूचीनागराग्निभिः ।।२५।।

यवागूं मधुना सिद्धां कषायं वा पिबेन्नरः । कासहृद्ग्रहपार्श्वार्त्तिहिक्काश्वासप्रशान्तये ।।२६।।

25-26. The decoction or *yavāgū* of the *daśamūla* herbs (*śaṭī*, *rāsnā*, *pippalī*, *śunṭhī*, *puṣkaramūla*, *śṛīngī*, *āmalakī*, *guḍūcī*, *bhārgī* and *citrakamūla*) should be taken along with honey. (As the dried ginger has been referred twice in the text it should be taken in two parts while the rest are to be taken in one part each only). It cures one from the ailments of *pārśvaśūla* (pleurisy), hic-cup, congestion of heart and bronchial diseases.

(*Yoga Ratnākar*)

वासादिक्वाथः (यो. र.)–

वासाहरिद्राधनिकागुडूचीभार्गीकणानागररिङ्गणीनाम् ।

क्वाथेन मारीचरजोऽन्वितेनश्वासः शमं कस्यन याति पुंसः ।।२७।।

27. Vasādi Kvātha:

Ingredients: *Vāsā*, *haridrā*, coriander seeds, *guḍūcī*, *bhārgī*, *pippalī*, dried ginger and *vyāghrī*.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts. Raise 50 gm. of their coarsely powdered mix and decoct

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it in water measuring 200 ml. Continue the decoction till it is reduced to one eighth.

Method of use/Administration: Sprinkle powder of black pepper (1 gm.) over this decoction and consume the drug in doses of 50 ml.

Therapeutic benefits: It cures all types of dysponea.

(*Yoga Ratnākar*)

भार्गीनागरक्वाथः (वै. जी.)–

अयि प्राणप्रिये जातीफललोहितलोचने ! । भार्गीनागरयोः क्वाथं श्वासत्राणाय पाययेत् ।।२८।।

28. Bhārgīnāgara Kvātha:

To get relief from *śvāsa* and related diseases, one should take the decoction of dried ginger and *bhārgī*.

(*Vaidya Jīvan*)

शृङ्ग्यादिचूर्णम्–

शृङ्गीकटुत्रिकफलत्रयकण्टकारीभार्गी सपुष्करजटा लवणानि पञ्च ।
चूर्णं पिबेदशिशिरेण जलेन हिक्काश्वासोर्ध्ववातकसनारुचिपीनसेषु ।।२९।।

29. Śṛingyādi Cūrṇa:

Ingredients: Powders of *śṛingī*, *pippalī*, *marica*, *harītakī*, *vibhītakī*, *āmalakī*, *kaṇṭakārī*, *bhārgī*, *puṣkaramūla* and five varieties of *lavaṇa*.

Process of Drug-Making: This is a powder-based formula. Involving each of the ingredients in equal parts.

Method of use/Administration: Mix the powders thoroughly and consume the mix in doses of 2-3 gm. along with warm water.

Therapeutic benefits: It cures hiccups, asthma, *urdhava vāta* (upward movement of the *vāta*), coughs, anorexia and chronic bronchitis.

(Cakradatt)

विजयवटी (र. सा. सं.)–

सूतकं गन्धकं लौहं विषमभ्रकमेव च । विडङ्गं रेणुकं मुस्तमेलाग्रन्थिककेशरम् ।।३०।।
त्रिकटु त्रिफला ताम्रं शुद्धं जैपालचित्रकम् । एतानि समभागानि द्विगुणो दीयते गुडः ।।३१।।
कासे श्वासे क्षये गुल्मे प्रमेहे विषमज्वरे । सूतायां ग्रहणीदोषे शूले पाण्ड्वामये तथा ।।
हस्तपादादिदाहेषु वटिकेयं प्रशस्यते ।।३२।।

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30-32. Vijaya Vaṭī:

Ingredients: *Pārada*, *gandhaka*, ***lauha bhasma***, purified *viṣa*, *abhraka bhasma*, *vāyaviḍanga*, *reṇukā*, *mustā*, cardamom, *pippalīmūla*, *nāgakeśara*, dried ginger, pepper, *marica*, *haraḍa*, *vibhītaka*, *āmalakī*, *tāmra bhasma*, purified *jayapāla* and *citrakamūla*, as well as old jaggery.

Process of Drug-Making: Obtain in 50 gm. each all the above materials excluding old jaggery. Mix them together and add to it old jaggery measuring 2 kg. Triturate the mix together and prepare doses of 250 mg.

Method of use/Application: The patient should take this recipe as per his strength.

Therapeutic benefits: The *Vijaya Vaṭī* is effective in controlling many diseases including *kāsa,* bronchitis, consumption, *gulma*, *prameha* (urinary disorders including diabetes), *viṣam jvara,* problems related to delivery, *grahaṇī,* colic pain, anemia, burning sensation of hands and feet.

(*Rasendra Sār Sangraha*)

डामरेश्वराभ्रम्–

मेचकं पलमितं मृतमभ्रम्-ब्रह्मयष्टिकनकामृतवासाः ।
कासमर्दवननिम्बकचव्यं-ग्रन्थिकं दहनमूलसमेतम् ।।३३।।
एकशश्च पलिकैरिह सत्त्वै-र्मर्दितं सुवलितं गुरुहिक्काम् ।
श्वासकासमुदरं चिरमेहान्-पाण्डुरोगयकृतं गजरोगम् ।।३४।।
शोथमोहनयनास्यजरोगं-यक्ष्मपीनसगरं बलसादम् ।
गण्डमण्डलवमिभ्रमिदाहं प्लीहशूलविषमज्वरकृच्छ्रम् ।।३५।।
हन्ति वातकफपित्तमशेषं डामरेश्वरमिदं महदभ्रम् ।।३६।।

33-36. Ḍāmareśvara Abhram:

Ingredients: *Mecaka*, *Vajrābhraka bhasma*, leaves of *dhatturā*, *guḍūcī*, leaves of *aḍuṣā*, leaves of *kāsamarda*, leaves of *pāribhadra* (wild *neem*), *cavya*, *pippalīmūla* and root of *citraka*,.

Process of Drug-Making: Take 46 gm. measure each of *mecaka* and *vajrābhraka bhasma*. Also take 50 ml. measure decoctions or juices of each of the leaves of *dhatturā*, *guḍūcī*, leaves of *aḍuṣā*, leaves of *kāsamarda*, leaves of *pāribhadra* (wild *neem*), *cavya*, *pippalīmūla* and root of *citraka*. Mortar the *vajrābhraka bhasma* along with each of the juices or decoction separately for at

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least three hours each. Prepare pills in measurement of 125 mg. and preserve them in glass containers after drying them properly.

Therapeutic benefits: This medicine is called *Ḍāmreśvarābhra* and should be consumed along with comptiable *anupāna* (prescribed for the disease concerned). This is a very good cure for disorders like hiccoughs, asthma, *kāsa*, problems related to gastro intestinal tract, *prameha* (i.e. urinary disorders including diabetes), *pāṇḍu*, enlargement of *yakṛit*, *śotha* of neck, fainting, diseases of eyes and face, *rājayakṣmā*, *pīnas*, *garadoṣa*, weakness, *galagaṇḍa*, *manḍala kuṣṭha*, vomiting, *bhrama*, burning sensation, enlargement of piles-buds, *śūla*, *viṣam jvara*, *mūtrakṛicchra* and all types of indispositions caused by *vāta*, *pitta* and *kapha*.

महाश्वासारिलौहम्–

कर्षद्वयं लौहचूर्णं कर्षार्द्धमभ्रमेव च । सिता कर्षद्वयञ्चैव मधु कर्षद्वयं तथा ।।३७।।
त्रिफला मधुकं द्राक्षा कणा कोलास्थिवंशजा । तालीशपत्रं वैडङ्गमेलापुष्करकेशरम् ।।३८।।
एतानि श्लक्ष्णचूर्णानि कर्षार्द्धञ्च समांशकम् । लौहे च लौहदण्डेन मर्दयेत्प्रहरद्वयम् ।।३९।।
ततो मात्रां लिहेत्क्षौद्रैर्बुद्ध्वा दोषबलाबलम् । इदं श्वासारिलौहञ्च महाश्वासं विनाशयेत् ।।४०।।
कासं पञ्चविधञ्चैव रक्तपित्तं सुदारुणम् । एकजं द्वन्द्वजञ्चैव तथैव सान्निपातिकम् ।
निहन्ति नात्र सन्देहो भास्करस्तिमिरं यथा ।।४१।।

37-41. Mahāśvāsāri Lauham:

Ingredients: *Lauha bhasma*, *abhraka bhasma*, raw sugar, honey, *haraḍa*, *vibhītaka*, *āmalakī*, *madhūka*, raisin friuits, *pippalī*, pulp of *kola* fruit, *vanśalocana*, leaves of *tāliśa*, *vāyaviḍanga*, smaller cardamom, *puṣkaramūla* and *nāgakeśara*.

Process of Drug-Making: Take the ingredients in the following measures: *lauha bhasma* (23 gm.), *abhraka bhasma* (6 gm.), churned raw sugar (23 gm.) and honey (23 gm.). Also take the powdered form of following ingredients in measurement of 6 gm. each: *haraḍa*, *vibhītaka*, *āmalakī*, *muletthi*, raisin, *pippalī*, pulp of *kola* fruit, *vanśalocana*, leaves of *tālīśa*, *vāyaviḍanga*, smaller cardamom, *puṣkaramūla* and *nāgakeśara*. Pour all these ingredients in an iron mortar and churn them for six hours. After properly churning, prepare pills in measurement of 1 gm. each and preserve them in glass containers after drying them properly.

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Method of use/Administration: After considering the strengths and weakness of the patient along with the condition of the disorder, doses of this medicine should be decided and consumed along with honey.

Therapeutic benefits: This medicine taken with different *anupānas* can cure diseases like *mahāśvāsa*, five types of *kāsa*, serious *raktapitta*, *ekadoṣaja*, *dvidoṣaja* or *sannipātika* types of *rakta pitta*. This medicine cures these diseases the same way as the sun clears out darkness.

पिप्पल्याद्यं लौहम्–

पिप्पल्यामलकी द्राक्षा कोलास्थिमधुशर्करा । विडङ्गपुष्करैर्युक्तं लौहं हन्ति सुदुस्तरम् ।।४२।।
हिक्कां छर्दिं महाश्वासं त्रिरात्रेण न संशयः ।।४३।।

42-43. Pippalīādya Lauham:

Ingredients: *Pippalī*, *āmalakī*, raisin, pulp of *kola* fruit, honey, sugar, *vāyaviḍanga*, *puṣkaramūla* and *lauha bhasma*.

Process of Drug-Making: Take the following ingredients in measurement of 12 gm. each: *pippalī*, *āmalakī*, raisin, pulp of *kola* fruit, honey, sugar, *vāyaviḍanga* and *puṣkaramūla* and take *lauha bhasma* equivalent to all these ingredients i.e. 96 gm.. Mortar all these ingredients into a fine powder. Churn and triturate this powder along with water. Prepare pills measuring 500 mg. each and after drying them properly, preserve the medicine in glass container.

Therapeutic benefits: This medicine is called *Pipplyādya Lauham*. It can cure hiccoughs, vomitting and *mahāśvāsa* within three days.

(*Rasendra Sār Sangraha*)

श्वासकुठारो रसः–

रसं गन्धं विषं टङ्गं शिलोषणकटुत्रिकम् । सर्वं सम्मर्द्य कर्त्तव्यो रसः श्वासकुठारकः ।।४४।।
वातश्लेष्मसमुद्भूतं कासं श्वासं स्वरक्षयम् । नाशयेन्नात्र सन्देहो वृक्षमिन्द्राशनिर्यथा ।।४५।।

44-45. Śvāsakuṭhāra Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, powder of purified *vatsanābha*, powder of purified borax, purified *manahśilā*, black pepper, cumin seeds, *marica* and *pippalī*.

Process of Drug-Making: Obtain the following ingredients in measurement of 12 gm. each: purified *pārada*, purified *gandhaka*, powder of purified *vatsanābha*, powder of purified borax, purified *manahśilā*, cumin seeds, *pippalī*

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and 24 gm. of *marica* (as it has been referred twice). First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the ingredients into it. Obtain fine powder out of these and fill it in glass container. This medicine is called as *Śvāsakuṭhāra Rasa*.

Method of use/Administration: Consume this medicine daily in doses of 125 mg. along with juice of ginger and honey.

Therapeutic benefits: This medicine is very useful for the cure of disorders related to *vāta* and *kapha* such as *kāsa* (coughs), asthma and *svarakṣaya*. It cures diseases the same way as the weapon of Indra kills a tree.

(*Rasendra Sār Sangraha*)

श्वासकुठारो रसः (द्वितीयः)–

रसं गन्धं विषं चैव टङ्गणं च मनःशिलाम् । एतानि समभागानि मरिचञ्चाष्टटङ्गणात् ।।४६।।
टङ्गषट्कंद्विकटुकंखल्लेकृत्वा विचूर्णयेत् । रसः श्वासकुठारोऽयं विषमश्वासकासजित् ।।४७।।
प्रतिश्यायक्षतक्षीणमेकादशविधं क्षयम् । हृद्रोगं पार्श्वशूलञ्च स्वरभेदञ्च दारुणम् ।।४८।।
सन्निपातं तथा तन्द्रां प्रमेहांश्च विनाशयेत् । गता संज्ञा यदा पुंसां तदा नस्यं प्रदापयेत् ।।४९।।
घ्रापयेन्नासिकारन्ध्रे संज्ञाकारकमुत्तमम् । सूर्यावर्त्तार्द्धविभेदौ दुःसहाञ्च शिरोव्यथाम् ।
अनुपानं पर्णरसमार्द्रकस्य रसं तथा ।।५०।।

46-50. Śvāsakuṭhāra Rasa (Second Recipe):

Ingredients: Purified *pārada*, purified *gandhaka*, *viṣa*, *tañkaṇa*, *manahśilā*, *marica*, *pippalī* and dried ginger.

Process of Drug-Making: Take 50 gm. each of *pārada*, *gandhaka*, *viṣa*, *tañkaṇa* and *manahśilā*. Triturate these materials together in a mortar by adding 400 gm. of *marica*, 300 gm. measure each of *pippalī* and dried ginger powder. Stock this medicinal powder in a glass bottle.

Method of use/Administration: Consume this medicine in doses of 250-500 mg. along with the *anupāna* of the juice of betel leaves and juice of ginger.

Therapeutic benefits: This medicine taken along with different *anupānas* cures diseases like *viṣama jvara*, bronchitis, *kāsa* (coughs), cold, pleurisy, types of tuberculosis, diseases of heart, hoarseness of voice, *sannipātta*, fainting and 20 types of *prameha* (urinary disorders including diabetes). If the patient becomes absolutely unconscious, then this powder should be used through nose for

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inhalation therapy. This is called *Śvāsakuṭhāra Rasa* and it cures even severe types of *sūryāvarta*, *ardhāvabhedaka* and headache.

(*Rasendra Sār Sangraha*)

श्वासभैरवो रसः–

रसं गन्धं विषं व्योषं मरिचं चव्यचित्रके । आर्द्रकस्य रसेनैव सम्मर्द्य वटिकां चरेत् ।।५१।।
गुञ्जाद्वयप्रमाणेन खादेत्तोयानुपानतः । स्वरभेदं निहन्त्याशु श्वासं कासं सुदुर्जयम् ।।५२।।

51-52. Śvāsabhairava Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, purified *vatsanābha viṣa*, cumin seeds, *vyoṣa*, *marica*, *cavya*, root of *citraka* and juice of ginger.

Process of Drug-Making: Obtain the following ingredients in measurement of 12 gm. each: purified *pārada*, purified *gandhaka*, purified *vatsanābha viṣa*, cumin seeds, *vyoṣa*, *marica*, *cavya* and root of *citraka*. Prepare *kalka* of these ingredients and triturate the same with the juice of ginger. Prepare pills in measurement of 250 mg. each and preserve them in glass containers after properly drying the same.

Method of use/Administration: This medicine is known as *Śvāsabhairava Rasa* and it should be consumed daily in doses of two pills along with lukewarm water.

Therapeutic benefits: This medicine cures *śvarabheda*, asthma and *kāsa* (coughs).

श्वासचिन्तामणिः–

द्विकर्षं लौहचूर्णस्य तदर्धं गन्धमभ्रकम् । तदर्धं पारदं ताप्यं पारदार्धेन मौक्तिकम् ।।५३।।
शाणमानं हेमचूर्णं सर्वं सम्मर्द्य यत्नतः । कण्टकारीरसैश्चापि शृङ्गबेररसैस्तथा ।।५४।।
छागीक्षीरेण मधुकैः क्रमेण मतिमान् भिषक् । गुञ्जाचतुष्टयञ्चास्य बिभीतकसमन्वितम् ।।५५।।
भक्षयेत् श्वासकासार्त्तो राजयक्ष्मनिपीडितः ।।५६।।

53-56. Śvāsacintāmaṇi:

Ingredients: *Lauha bhasma*, purified *gandhaka*, *abhraka bhasma*, purified *pārada*, *svarṇamākṣika bhasma*, *mauktika bhasma*, *hema bhasma*, juice or decoction of *kaṇṭakārī*, juice of ginger, goat's milk and decoction of *madhuyaṣṭī*.

Process of Drug-Making: Obtain the following ingredients: *lauha bhasma* (23 gm.), purified *gandhaka* (12 gm.), *abhraka bhasma* (12 gm.), purified *pārada* (6 gm.), *svarṇamākṣika bhasma* (6 gm.), *mauktika bhasma* (6 gm.) and *hema*

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bhasma (6 gm.). First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the ingredients. Obtain a *kalka* by churning the mix finely. Triturate this *kalka* with the following ingredients for at least three hours each: juice or decoction of *kañṭakārī* (processed through *puṭapāka* method), juice of ginger, goat's milk and decoction of *madhuyaṣṭī*. Prepare pills in measurement of 125 mg. each and preserve them in glass container after drying them properly.

Method of use/Administration: This medicine is called *Śvāsacintāmaṇi Rasa*. It should be consumed daily in doses of one *vaṭī* along with powder of *vibhītaka* (1 gm.) and honey.

Therapeutic benefits: This medicine provides relief from disorders like asthma, *kāsa* (coughs) and *yakṣamā*.

श्वासकासचिन्तामणिः (र. सा. सं.)–

पारदं माक्षिकं स्वर्णं समांशं परिकल्पयेत् । पारदार्द्धं मौक्तिकं च सूताद् द्विगुणगन्धकम् ।।५७।।
अभ्रं चैव तथा योज्यं व्योम्नो द्विगुणलौहकम् । कण्टकारीरसेनैव छागीदुग्धेन च पृथक् ।।५८।।
यष्टीमधु-रसेनैव-पर्णपत्र रसेन च । भावयेत् सप्तवारं च द्विगुञ्जां वटिकां भजेत् ।।५९।।
पिप्पलीमधुसंयुक्तां श्वासकासविमर्दिनीम् ।।६०।।

57-60. Śvāsākāsacintāmaṇi:

Ingredients: Purified *pārada*, *svarṇamākṣika bhasma*, *svarṇabhasma*, *muktā bhasma*, *gandhaka*, *abhraka bhasma*, *lauha bhasma*, juice of *kañṭakārī*, goat's milk, decoction of *madhuyaṣṭī* and juice of betel.

Process of Drug-Making: Take the ingredients in the following measures: purified *pārada* (12 gm.), *svarṇamākṣika bhasma* (12 gm.), *svarṇa bhasma* (12 gm.), *muktā bhasma* (6 gm.), *gandhaka* (23 gm.), *abhraka bhasma* (23 gm.) and *lauha bhasma* (46 gm.). Churn all these ingredients together. Process this compound through *bhāvanā* method separately with each of the following ingredients : juice of *kañṭakārī*, goat's milk, decoction of *madhuyaṣṭī* and juice of betel. After finishing all the four different *bhāvanās*, prepare pills in measurement of 250 mg. each.

Method of use/Administration: One pill of this medicine should be consumed along with the powder of *pippalī* and honey.

Note: This is the best medicine for the cure of asthma, *kāsa* and to stop *āvega*. Normally 125 mg. dose should be given with honey. If the patient also complains *hṛiddrāva* or pulpitations, then the following prescription should be given. Take

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Śvāsacintāmaṇi (125 mg.), *hṛidyārṇava* (125 mg.), purified *tañkaṇa* (125 mg.) and after mixing all the three drugs divide them in three equal parts. One part of the drug should be given to the patient along with honey measuring 6 gm.

Therapeutic benefits: It is a very good cure for coughs and asthma.

(*Rasendra Sār Sangraha*)

मृगाङ्कवटिका (बृहती) (अ.)–

हेमायस्कान्तसूताभ्रप्रवालमौक्तिकानि च । बिभीतककषायेण सर्वं सम्भावयेत् त्रिधा ।।६१।।
एरण्डपत्रमध्यस्थं धान्यराशौ दिनत्रयम् । स्थापयित्वा तदुद्धृत्य द्विगुञ्जां वटिकां चरेत् ।।६२।।
बिभीतकास्थिमज्जा च माषार्द्धा मधुसंयुता । अनुपानमिह प्रोक्तं क्वाथो वाऽक्षसमुद्भवः ।।६३।।
क्षयं हन्ति तथा कासं यक्ष्माणं श्वासमेव च । स्वरभेदं ज्वरं मेहं सर्वामयविनाशकृत् ।।६४।।

61-64. Mṛigānka Vaṭikā:

Ingredients: *Svarṇa bhasma*, *kānta lauha bhasma*, *pārada bhasma*, *rasa sindūra*, *abhraka bhasma*, *pravāla bhasma*, *muktā bhasma*, decoction of *vibhītaka* and leaves of *eraṇḍa*.

Process of Drug-Making: Take the following ingredients in measurement of 12 gm. each: *svarṇa bhasma*, *kānta lauha bhasma*, *pārada bhasma*, *Rasa sindūra*, *abhraka bhasma*, *pravāla bhasma* and *muktā bhasma*. Mortar all these ingredients together and process the mix through *bhāvanā* method along with the decoction of *vibhītaka* for three consecutive times. Prepare round shaped pills out of the recipe. Wrap these pills with the leaves of *eraṇḍa* and pack them with a string. Place the pack inside the heap of paddy for three consecutive days. On the fourth day, take out this medicinal pack and triturate the preparation along with water. Prepare pills in measurement of 250 mg. each and after drying preserve them in glass containers.

Method of use/Administration: This medicine is called *Mṛigānka Vaṭikā*. This medicine should be consumed along with pulp of the *vibhītaka* fruit (500 mg.) and honey (6 gm.). After consuming this medicine one should drink the decoction of *vibhītaka*.

Therapeutic benefits: This medicine is very useful in curing diseases like tuberculosis, *kāsa* (coughs), *rajayakṣamā*, asthma, *svarabheda*, fever, *prameha* (i.e. urinary disorders including diabetes) and other related disorders.

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नागार्जुनाभ्ररसः–

सहस्रपुटनैः शुद्धं वज्राभ्रमर्जुनत्वचः । सत्त्वैर्विमर्दितं सप्तदिनं खल्वे विशोषितम् ।।६५।।
छायाशुष्का वटी कार्यानाम्नानागार्जुनाभ्रकम् । हृद्रोगं सर्वशूलार्शोहल्लासच्छर्द्यरोचकान् ।।६६।।
अतीसारं चाग्निमान्द्यं रक्तपित्तं क्षतक्षयम् । शोथोदराम्लपित्तं च विषमज्वरमेव च ।।६७।।
हन्त्यन्यानपि रोगान् हि बल्यं वृष्यं रसायनम् ।।६८।।

65-68. Nāgārjunābhra Rasa:

Ingredients: *Abhraka bhasma* processed through *sahasra puṭa* method and bark of *arjuna* tree.

Process of Drug-Making: Obtain *abhraka bhasma* (250 gm.) processed through *sahasra puṭa* method and triturate it along with the decoction of bark of *arjuna* tree (250 gm.) for seven consecutive days. Subsequently, use the decoction of the bark of *arjuna* tree to completely soak and submerge the pulverized compound by a layer of 3-4 *angulas*. Keep the preparation in the mortar for an overnight period. Next day, triturate the compound in the bark of *arjuna* tree by triturating it from dawn to dusk so that at the end of the day it is all-dry and saturated. Repeat the process for seven terms. Finally prepare pills in measurement of 125-250 mg. each and preserve them in glass container after drying the pills in shade.

Therapeutic benefits: This medicine is called *Nāgārjunābhraka* and cures all types of heart diseases, all types of *śūla*, *arśa*, vomitting tendencies, vomiting, anorexia, *atisāra*, loss of digestion, *rakta pitta*, *uruhkṣata*, tuberculosis, *śotha*, disorders of *udara* (gastro intestinal tract), *āmlapitta*, *viṣam jvara* and other related indispositions. It also provides strength, stamina and vital nourishments.

(*Ras Rāj Sangraha*)

सूर्यावर्त्तो रसः (र. सा. सं.)–

गन्धकं सूतकं मर्द्यं यामैकं कन्यकाद्रवैः । द्वयोस्तुल्यं ताम्रपत्रं पूर्वकल्केन लेपयेत् ।।६९।।
दिनैकं हण्डिकायन्त्रे पचेच्छीतं समुद्धरेत् । सूर्यावर्त्तरसो ह्येष द्विगुञ्जः श्वासकासनुद् ।।७०।।

69-70. Sūryāvarta Rasa:

Ingredients: Purified *sūta*, *gandhaka*, juice of *kanyā* and leaves of *tāmra*.

Process of Drug-Making: Take purified *sūta* (12 gm.) and *gandhaka* (12 gm.) and triturate them into a *kajjalī*. Mortar the *kajjalī* along with the juice of *kanyā* for one *yāma* (three hours). Subsequently, take 24 gm. measure of flakes of *tāmra* and get them smeared with this preparation. Cook the leaves thus coated in

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a *handikā yañtra* (*Bālukā Yañtra*) for 12 hours and after that allow it to cool down to atmospheric temperature. Finally, take out the *tāmra* flakes and ground them into a powder.

Method of use/ Administration and Therapeutic benefits: This *Sūryāvarta Rasa* is to be taken in doses of 250 mg. along with honey for the cure of asthma and *kāsa* (coughs).

(*Rasendra Sār Sangraha*)

इन्द्रवारुणिकादिचूर्णम् (र. सा. सं.)–

इन्द्रवारुणिकामूलं देवदारु कटुत्रयम् । शर्करासहितं खादेदूर्ध्वश्वासनिवृत्तये ।।७१।।

71. Indravāruṇīkādi Cūrṇam:

Consume the medicine prepared from *indrayava* (250 mg.), powder of *devadāru* (250 mg.), powder of *ṭrikaṭu* herbs (1 gm.) and sugar (12 gm.). This medicine is very beneficial in curing *urdhavaśvāsa*.

(*Rasendra Sār Sangraha*)

शृङ्गीगुडघृतम्–

कण्टकारीद्वयं वासाऽमृता पञ्चपल पृथक् । शतावर्य्याः पञ्चदश भार्गी दशपलानि च ।।७२।।
गोक्षुरं पिप्पलीमूलं पृथक् पलसमन्वितम् । पाटलात्रिपलञ्चैव चतुर्गुणजले पचेत् ।।७३।।
चतुर्भागावशिष्टन्तु कषायमवतारयेत् । पुरातनगुडस्यात्र पलानि दश दापयेत् ।।७४।।
घृतस्य पञ्च दत्त्वा च दत्त्वा दशपलं पयः । सर्वमेकीकृतं पक्त्वा चूर्णमेषां विनिक्षिपेत् ।।७५।।
शृङ्गी द्वितोलकं जातीफलं पत्रं त्रितोलकम् । चतुस्तोलं लवङ्गञ्च तुगाक्षीरी पृथक् पृथक् ।।७६।।
गुडत्वगेले च तथा तोलकद्वयमानके । कुष्ठं तोलचतुष्कञ्च शुण्ठ्यास्तोलकसप्तकम् ।।७७।।
पिप्पल्याः पलमेकञ्चतालीशं तोलकत्रयम् । जातीकोषं तोलकैकं शीते च मधुनः पलम् ।।७८।।
ततः खाद्यञ्च कर्षैकमनुपानविधिं शृणु । काष्ठमार्जारिकाचूर्णं मरिचं तच्चतुर्गुणम् ।।७९।।
एकीकृत्य वटींयत्नात् कुर्यान्माषमितां पृथक् । तासामेकां चर्वयित्वा पिवेदनुजलं कियत् ।।८०।।
शृङ्गीगुडघृतं नाम सर्वरोगहरं परम् । अपि वैद्यशतैस्त्यक्तं श्वासं हन्ति सुदारुणम् ।।८१।।
कासं पञ्चविधं हन्ति विविधोपद्रवान्वितम् । रक्तपित्तं क्षयञ्चैव स्वरभङ्गमरोचकम् ।।
विशेषाच्चिरकालोत्थं श्वासं हन्ति सुदुस्तरम् ।।८२।।

72-82. Śṛingīguḍa Ghṛitam:

Ingredients: Roots of small and large *kañṭakārī*, *pañcānga* of *aḍuṣā*, *guḍūcī*, stem of *śatāvarī*, *bhārgī*, *gokṣura*, *pippalīmula*, bark of *pāṭala*, old jaggery, cow's *mūrcchita ghṛitam*, cow's milk, powder of *karkaṭaśṛingī*, *jātīphala*, cassia leaves, powder of *lavanga*, pulverized *vanśalocana*, cinnamon bark, powder of

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cardamom, powder of *kuṣṭa*, powder of cumin seeds, powder of *pippalī*, powder of *tālīś* leaves, powder of *jātīkoṣa* and honey.

Process of Drug-Making: Take the following ingredients in indicated measurement: roots of small and large *kañṭakārī* (235 gm.), *pañcānga* of *aḍuṣā* (235 gm.), *guḍūcī* (235 gm.) stem of *śatāvarī* (700 gm.), *bhārgī* (475 gm.), *gokṣura* (46 gm.), *pippalīmula* (46 gm.) and bark of *pāṭala* (14 gm.). Collect all these ingredients in an earthen pitcher and treat them along with water measuring four times of their combined weight. Continue the decoction process till only one quarter of the original quantity is left. Filter this decoction with cloth and pour it into a metallic pan. Add old jaggery (475 gm.), cow's *mūrcchita ghṛitam* (235 gm.), cow's milk (475 ml.) to the decoction and cook it. When the decoction is half cooked, add to the preparation powders of *karkaṭaśṛīngī* (23 gm.), *jātīphala* (35 gm.), cassia leaves (35 gm.), *lavanga* (46 gm.), pulverized *vanśalocana* (23 gm.), cinnamon bark (23 gm.) cardamom (23), *kuṣṭa* (46 gm.), cumin seeds (3 gm.), *pippalī* (12 gm.), *tālīś* leaves (35 g.) and powder of *jātīkoṣa* (35 gm.). Continue to churn the preparation while cooking. When the preparation gets cooked, remove the metallic pan from the stove and let it cool down. Once cooled, add honey (46 gm.) to the recipe and fill it in an earthenware.

Method of use/Administration: This medicine is called *Śṛingīguḍa Ghṛita.* This medicine should be consumed daily in doses of 12 gm.

After consuming the above medicine, one should also take pills measuring 1 gm. and prepared by mixing the medicine *Kāṣṭhamārjāra Cūrṇa* (one part) and *marica* (four parts). The patient should subsequently drink water.

Therapeutic benefits: This medicine given in different *anupānas* can cure all types of diseases. It can cure diseases that have been declared as incurable by physicians like serious asthma, five types of *kāsa* (coughs), various disorders caused due to *rakta pitta*, consumption, *svarabhanga* and anorexia. This medicine is a specialized cure for chronic bronchitis.

(*Rasendra Sār Sangraha*)

भार्गीशर्करा–

भार्ग्याः शताद्धंवासायाः कण्टकार्याश्च पाचयेत् । चतुर्गुणं जलं दत्त्वा प्रस्थञ्च दशमूलकम् ।।८३।।
जलाढके पचेत्तेन चतुर्थमवशेषयेत् । वस्त्रपूतञ्च तत्सर्वं सिताप्रस्थं ततः क्षिपेत् ।।८४।।
उष्णेऽवतारिते तत्र चूर्णानीमानि दापयेत् । त्रिकटु त्रिफला मुस्तं तालीशं नागकेशरम् ।।८५।।

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भार्गी वचा श्वदंष्ट्रा च त्वगेलापत्रजीरकम् । यमानी चाजमोदा च वांशी कौलत्थजं रजः ।।८६।।
कट्फलं पौष्करं शृङ्गी कोलमात्रं क्षिपेत्ततः । शीते क्षौद्रं प्रदातव्यं कुडवार्द्धं शुभे दिने ।।८७।।
लिहेत् पिचुमितं नित्यं प्रातर्वीक्ष्यानुपानत । हन्ति पञ्चविधं कासं श्वासमेव सुदारुणम् ।।८८।।
यक्ष्माणंहन्ति हिक्काञ्च ज्वरं जीर्णं व्यपोहति । रोगानन्यान्निहन्त्याशु बलपुष्ट्यग्निवर्द्धनम् ।।८९।।

83-89. Bhārgīśarkarā:

Ingredients: *Bhārgī*, *pañcānga* of *aḍuṣā*, *pañcānga* of *kañṭakārī*, water, *daśamūla* drugs, dried ginger, black pepper, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *mustaka*, leaves of *tālīśa*, *nāga keśara*, *bhārgī*, *vacā*, *gokṣura*, cinnamon bark, smaller cardamom, cassia leaves, white cumin seeds, caraway, *ajamodā*, *vanśalocana*, *kulattha*, *kaṭphala*, *puṣkaramūla* and powder of *karkaṭaśṛīngī*.

Process of Drug-Making: Take 2500 gm. each of *bhārgī*, *pañcānga* of *aḍuṣā* and *pañcānga* of *kañṭakārī* and decoct them together in water measuring 30 litre till quarter of the total quantity is left. Similarly, take the group of *daśamūla* drugs in measurement of 70 gm. each and cook them in water measuring 3 litre till quarter of the total quantity is left. Take both these decoctions in a metallic pan and cook it together. When the recipe becomes thick add to it the dried ginger, black pepper, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *mustaka*, leaves of *tālīśa*, *nāgakeśara*, *bhārgī*, *vacā*, *gokṣura*, cinnamon bark, smaller cardamom, cassia leaves, white cumin seeds, caraway, *ajamodā*, *vanśalocana*, *kulattha*, *kaṭphala*, *puṣkaramūla*, powder of *karkaṭaśṛīngī* each measuring 6 gm. Churn all these ingredients in the metallic pan while cooking the same; subsequently remove the pan from the stove. After letting it cool down to atmospheric temperature, add to it honey (93 gm.) and jaggery (175 gm.) and fill it in earthenware.

Method of use/Administration: On mornings of holy days, consume this medicine in measurement of 12 gm. along with other *anupānas*.

Therapeutic benefits: This medicine is known as *Bhārgī Śarkara*. It cures five different types of *kāsa*, *rajayakṣamā*, hiccoughs, *jīrṇa jvara* and other related disorders. It also increases strength, stamina and digestive power.

भार्गीगुडः–

शतं संगृह्य भार्ग्यास्तु दशमूल्यास्तथा शतम् । शतं हरीतकीनाञ्च पवेत्तोये चतुर्गुणे ।।९०।।
पादावशेषे तस्मिंस्तु रसे वस्त्रपरिस्रुते । आलोड्य च तुलां पूतां गुडस्य त्वभयां ततः ।।९१।।
पुनः पचेन्मृदावग्नौ यावल्लेहत्वमागतम् । शीते च मधुनश्चात्र षट्पलानि पृथक् पृथक् ।।९२।।
त्रिकटु त्रिसुगन्धं च पलिकानि पृथक् पृथक् । कर्षद्वयं यवक्षारं सञ्चूर्ण्य प्रक्षिपेत्ततः ।।९३।।

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भक्षयेदभयामेकां लेहस्यार्द्धपलं लिहेत् । श्वासं सुदारुणं हन्ति कासं पञ्चविधं तथा ।।९४।।
स्वरवर्णप्रदो ह्येष जठराग्नेश्च दीपनः । पलोल्लेखागते माने न द्वैगुण्यमिहेष्यते ।।
हरीतकीशतस्यात्र प्रस्थत्वादाढकं जलम् ।।९५।।

90-95. Bhārgīguḍa:

Ingredients: *Bhārgī*, *daśamūla* herbs, *harītakī*, jaggery, honey, *tṛikaṭu*, *tṛisugandhā*, *yavakṣāra* and water.

Process of Drug-Making: Obtain 4.6 kg. each of *bhārgī*, *daśamūla* herbs and *harītakī* (packed in a piece of cloth) and boil them in water measuring four times greater to their combined weight. Boil the same until its original quantity is reduced to one-fourth. Thereafter, strain the decoction through a cloth. Add to it 4.6 kg. of jaggery and the packed fruits of *harītakī* that were boiled earlier. Further cook the preparation on mild fire until it takes the shape of a confection. Thereafter, remove the cooked preparation from the oven and let it cool down to atmospheric temperature. Add to it 280 gm. of honey, 46 gm. each of *tṛikaṭu* and *tṛisugandhā* herbs (in powdered form) along with 23 gm. of *yavakṣāra* to the cooled preparation.

Note from the Commentator: In the abovementioned recipe, 24 gm. is mentioned to be the dose. It should actually be taken in double the quantity, i.e. 48 gm.. For the preparation of the recipe, 4800 gm. of *harītakī* is mentioned to be used. Actually 100 fruits of *harītakī* should be taken. Accordingly 6 litres of water should be used for this purpose.

Method of use/Administration: One of the fruits of *harītakī* along with 24 gm. of the confection should be given to the patient.

Therapeutic benefits: This medicine cures serious type of asthma and five varieties of *kāsa* (coughs). It promotes voice and complexion. It stimulates the power of digestion.

(Cakradatt)

कुलत्थगुडः (च. द.)–

कुलत्थं दशमूलं च तथैव द्विजयष्टिका । शतं शतं च संगृह्य जलद्रोणे विपाचयेत् ।।९६।।
पादावशेषे तस्मिंस्तु गुडस्यार्धतुलां क्षिपेत् । शीतीभूते च पक्वे च मधुनोऽष्टौ पलानि च ।।९७।।
षट् पलानि तुगाक्षीर्याः पिप्पल्याश्च पलद्वय । त्रिसुगन्धि सुगन्धं तत् खादेदग्निबलं प्रति ।।९८।।
श्वासंकासंज्वरं हिक्कां नाशयेत् तमकं तथा । प्रतिप्रातं द्रोणनियमाज्ज्ञेयं द्रोणत्रयं त्विह ।।९९।।

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96-99. Kulattha Guḍa:

Ingredients: *Kulattha*, *daśamūla*, *dvija yaṣṭikā*, jaggery, honey, *tuga kṣīrī*, *pippalī* and *triṣugandhi*.

Process of Drug-Making: Get 5 kg. each of *kulattha*, *daśamūla* herbs and *dvija yaṣṭikā* and boil them in 36 litre measure of water until the original quantity is reduced to one-fourth. To this decoction, add 2500 gm. of jaggery and cook the same into confection. Let the confection cool down to atmospheric temperature. Subsequently, add 375 gm. of honey, 375 gm. of *tuga kṣīrī*, 280 gm. of *pippalī* and 93 gm. each of the *triṣugandhi* herbs to it.

Note from the Commentator: In the abovementioned recipe, 12.50 litres of water is mentioned to be added for boiling. As 12.50 litres measure of water is needed to properly boil 4800 gm. of herbs. Since there are three categories of ingredients, it is necessary to take 37.50 litres of water for boiling.

Method of use/Administration: This recipe should be taken in doses matching the power of digestion of the user.

Therapeutic benefits: This medicine cures *kāsa* (coughs), asthma, fever and hiccups. It is especially useful for curing *tamaka śvāsa* (bronchial asthma).

(Cakradatt)

हिंस्राद्यघृतम्–

हिंस्राविडङ्गपूतीकत्रिफलाव्योषचित्रकैः । द्विक्षारं सर्पिषः प्रस्थं चतुर्गुणजलान्वितम् ।।१००।।
कोलमात्रैःपचेत्तद्धिश्वासकासौ व्यपोहति । अर्शांस्यरोचकं गुल्मं शकृद्भेदं क्षयं तथा ।।१०१।।

100-101. Himsrādya Ghṛitam:

Ingredients: *Himsra*, *viḍanga*, *pūtikā*, *triphalā*, *vyoṣa*, *citraka*, *mūrcchita ghṛitam*, milk and water.

Process of Drug-Making: Prepare a *kalka* out of the following medicines measuring 200 gm. each: *himsra*, *viḍanga*, *pūtikā*, *triphalā*, *vyoṣa* and *citraka*. Add to this, 750 gm. of *mūrcchita ghṛitam*, milk (measuring twice the quantity of *mūrcchita ghṛitam* i.e. 1.5 litres) and 3 litres of water. Cook the preparation methodologically and obtain medicinal *ghṛitam*.

Method of use/Administration: Consume this medicine in doses of 6-12 gm. along with warm milk or water.

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Therapeutic benefits: This medicine helps in curing asthma, bronchitis, piles, anorexia, *gulma* (phantom tumour), diarrhoea and consumption.

(Suśruta)

तेजोवत्याद्यं घृतम्–

तेजोवत्यभया कुष्ठं पिप्पली कटुरोहिणी । भूतीकं पौष्करं मूलं पलाशश्चित्रकं शटी ।।१०२।।
सौवर्चलं तामलकी सैन्धवं बिल्वपेशिका । तालीशपत्रं जीवन्ती वचा तैरक्षसम्मितैः ।।१०३।।
हिङ्गुपादैर्घृतप्रस्थं पचेत्तोयचतुर्गुणे । एतद्यथाबलं पीत्वा हिक्काश्वासौ जयेन्नरः ।
शोथानिलार्शोग्रहणीहृत्पार्श्वरुज एव च ।।१०४।।

102-104. Tejovatyāda Ghṛitam:

Ingredients: *Tejovatī*, *abhayā*, *kuṣṭha*, *pippalī*, *kaṭu rohiṇī*, *bhūtika*, *puṣkaramūla*, *palāśa*, *citraka*, *śaṭī*, *sauvarcala*, *tāmalakī*, rock salt, pulp of *bilva*, leaf of *tāliśa*, *jīvantī*, *vacā*, *hingu*, *mūrcchita ghṛitam* and water.

Process of Drug-Making: Take 12 gm. each of the following ingredients: *tejovatī*, *abhayā*, *kuṣṭha*, *pippalī*, *kaṭu rohiṇī*, *bhūtika*, *puṣkaramūla*, *palāśa*, *citraka*, *śaṭī*, *sauvarcala*, *tāmalakī*, rock salt, pulp of *bilva*, leaf of *tāliśa*, *jīvantī* and *vacā*. Add to them, 3 gm. of *hingu*. Cook all the ingredients together by adding to the compound 750 gm. of *mūrcchita ghṛitam* and 3 litres of water. Cook the preparation methodologically to obtain medicinal *ghṛitam*.

Method of use/Administration: This medicine should be taken in doses of 6-12 gm. along with lukewarm milk or water.

Therapeutic benefits: This medicine checks hiccups, asthma, edema, piles caused by *vāyu*, sprue syndrome and pain in cardiac region and sides of the chest.

(Cakradatt)

चन्दनाद्यं तैलम् (महत्) (अ.)–

द्रव्याणि चन्दनादेस्तु चन्दनं रक्तचन्दनम् । पत्तङ्गमथ कालीयागुरुकृष्णगुरूणि च ।।१०५।।
देवद्रुसरलं पद्मं पञ्चकस्तृणकोऽपि च । कर्पूरो मृगनाभिश्च लता कस्तूरिकाऽपि च ।।१०६।।
सिह्लकःकुङ्कुमंनव्यं जातीफलकमेव च । जातीकोषं लवङ्गं च सूक्ष्मैला महती च सा ।।१०७।।
कङ्कोलफलकंस्पृक्कापत्रकनागकेशरम् । बालकं च तथोशीरं मांसी दारुसिताऽपि च ।।१०८।।
कृतकर्पूरकश्चापि शैलेयं भद्रमुस्तकम् । रेणुका च प्रियङ्गुश्च श्रीवासो गुग्गुलुस्तथा ।।१०९।।
लाक्षा नखञ्च रालश्च धातकीकुसुमं तथा । ग्रन्थिपर्णञ्च मञ्जिष्ठा तगरं सिक्थकस्तथा ।।११०।।
एतानिशाणमानानिकल्कीकृत्यशनैःपचेत् । अनेनाभ्यक्तगात्रस्तुवृद्धोऽशीतिसमोऽपि सः ।।१११।।
युवाभवतिशुकाढ्यःस्त्रीणामत्यन्तवल्लभः । बन्ध्याऽपि लभतेगर्भं वृद्धोऽपि तरुणायते ।।११२।।

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अपुत्रः पुत्रमाप्नोति जीवेद्वर्षशतं सुखी । चन्दनादिमहातैलं रक्तपित्तक्षयं ज्वरम् ।।११३।।
दाहप्रस्वेददौर्गन्ध्यकुष्ठकण्डूर्विनाशयेत् ।।११४।।

105-114. Candanādyam Tailam:

Ingredients: *Mūrcchita* oil of sesame, white and red sandalwood, *vakamkāṣṭha*, *aguru*, black *aguru*, *devadāru*, *saral kāṣṭha*, *pañcatṛiṇapañcamūla* (roots of *kuśa*, *kāṣa*, *śara*, *darbha*, *kṛiśnekṣu*), camphor, *kastūrī*, *latākastūrī*, *śilārasa*, fresh *keśara*, *jātīphala*, *jātīkoṣa*, clove, smaller cardamom, bigger cardamom, *kankkola*, *sprukka*, cassia leaves, *nāgakeśara*, *sugandhabālā*, *uśīra*, *jaṭāmānsī*, cinnamon bark, *parṇa karpūra*, *śailaja*, *nāgaramustā*, *reṇukā*, *priyangu*, *granthiparṇa*, *manjiṣṭhā*, *tagar* and wax.

Process of Drug-Making: Take the following ingredients: *mūrcchita* oil of sesame (750 ml.), *kalka* prepared from white and red sandalwood, *vakamkāṣṭha*, *aguru*, black *agaru*, *devadāru*, *saral kāṣṭha*, *pañcatṛiṇapañcamūla* (roots of *kuśa*, *kāṣa*, *śara*, *darbha*, *kṛiśnekṣu*), camphor, *kastūrī*, *latākastūrī*, *śilārasa*, fresh *keśara*, *jātīphala*, *jātīkoṣa*, clove, smaller cardamom, bigger cardamom, *kankkola*, *sprukka*, cassia leaves, *nāgakeśara*, *sugandhabālā*, *uśīra*, *jaṭāmānsī*, cinnamon bark, *parṇakarpūra*, *śailaja*, *nāgaramustā*, *reṇukā*, *priyangu*, *granthiparṇa*, *manjiṣṭhā*, *tagar* and wax each in measurement of 3 gm. Obtain oil by methodologically cooking all these ingredients together along with water (3 litres).

Therapeutic benefits: Consumption of this medicine can make old persons feel more strong, more stamina. Barren women can also have children after consuming it. This medicine increases the life expectancy to 100 years with ease. This medicine cures disorders like *rakta pitta*, consumption, fever, burning sensation, odour, *kuṣṭha* (skin diseases including leprosy) and *kaṇḍu*.

कनकासवः–

संक्षुद्य कनकं शाखामूलपत्रफलैः सह । ततश्चतुष्पलं ग्राह्यं वृषमूलत्वचन्तथा ।।११५।।
मधूकं माधवी व्याघ्री केशरं विश्वभेषजम् । भार्गी तालीशपत्रञ्च सञ्चूर्ण्यैषां पलद्वयम् ।।११६।।
संगृह्य धातकीप्रस्थं द्राक्षायाः पलविंशतिम् । जलद्रोणद्वयं दत्त्वा शर्करायास्तुलां तथा ।।११७।।
क्षौद्रस्यार्धतुलाञ्चापिसर्वंसम्मिश्रयत्नतः । भाण्डेनिक्षिप्य चावृत्य निदध्यान्मासमात्रकम् ।।११८।।
निहन्तिनिखिलाञ्श्वासान्कासंयक्ष्माणमेव च । क्षतक्षीणं ज्वरं जीर्णं रक्तपित्तमुरःक्षतम् ।।११९।।

115-119. Kanakāsava:

Ingredients: *Dhatturā* along with its branches, roots, leaves and fruit, bark of *aḍuṣā's* root, flowers of *madhūka*, *pippalī*, *kaṇṭakārī*, *nāgkeśara*, dried ginger,

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bhārgī, leaves of *tāliśa*, powder of *dhātakī* flower, raisin, water, sugar, churned raw sugar and honey.

Process of Drug-Making: Obtain the following ingredients: *dhatturā* along with branches, roots, leaves and fruit (measuring 187 gm.), bark of *aḍuṣā's* root (187 gm.), flowers of *madhūka* (93 gm.), *pippalī* (93 gm.), *kaṇṭakārī* (93 gm.), *nāgkeśara* (93 gm.), dried ginger (93 gm.), *bhārgī* (93 gm.) and leaves of *tāliśa* (93 gm.). Prepare pulverized compound of all these ingredients. Obtain powder of *dhātakī* flowers (750 gm.), raisin (960 gm.), water (28 litres), sugar (10 kg.) and honey (2500 gm.). Take an earthen pitcher which has been coated with *ghṛitam* inside and treated with smoke and fill it with all the aforementioned ingredients. After covering it tightly, place the pitcher in a lonely, warm place, where wind blows are minimal. After one month filter this with clean cloth and preserve it in bottles.

Method of use/Administration: This medicine should be consumed after having meals, in doses of 10-20 ml. mixed with equal quantity of water.

Therapeutic benefits: This medicine is known as *Kanakāsava* and is capable of curing all types of asthma, *kāsa* (coughs), *rajayakṣamā*, *kṣataksīṇa*, *rakta pitta* and *urūkṣata*.

ये चागदाः कास उरःक्षते वा श्वासे च यक्ष्मण्यथ रक्तपित्ते ।
यथाधिकारं सुखबोधनार्थंविभागशो वैद्यवरैरुदीरिताः ।।१२०।।
अमीषु पञ्चस्वथ ताँस्तु भेदोदितान् प्रयुञ्जीत मिथोऽप्यभिन्नः ।
दोषान् गुणांश्चाप्यगदस्थिताँस्तु वीक्ष्यामये दोषबलाबलं च ।।१२१।।

120-121. Numerous recipes have been described in chapters dealing separately with such diseases as bronchitis, *urahkṣatha*, breathing troubles, consumption and *rakta pitta*. These have been described separately so that even a novice can learn their use. However, a knowledgeable physician can use these recipes for treatment of diverse diseases by considering weakness and strengths of the patient concerned.

हिक्कारोगे पथ्यानि (प. प.)–

स्वेदनं वमनं नस्यं धूमपानं विरेचनम् । निद्रा स्निग्धानि चान्नानि मृदूनि लवणानि च ।।१२२।।
जीर्णाःकुलत्थागोधूमाःशालयःषष्टिकायवाः। एणास्तित्तिरिलावाद्याजाङ्गलामृगपक्षिणः ।।१२३।।
पक्वं कपित्थं लशुनं पटोलं बालमूलकम् । पौष्करं कृष्णतुलसी मदिरा नलदाम्बु च ।।१२४।।
उष्णोदकं मातुलुङ्गं माक्षिकं सुरभीजलम् । अन्नपानानि सर्वाणि वातश्लेष्महराणि च ।।१२५।।
शीताम्बुसेकः सहसा त्रासोविस्मापनं भयम् । क्रोधो हर्षः प्रियोद्वेगप्राणायामनिषेवणम् ।।१२६।।

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दग्धसिक्तमृदाघ्राणं कूर्चैर्धाराजलार्पणम् । नाभ्यूर्ध्वघातनं दाहो दीपदग्धहरिद्रया ।।१२७।।
पादयोर्द्वयङ्गुलान्नाभेरूर्ध्वं चेष्टानि हिक्किनाम् ।।१२८।।

122-128. Useful items and activities in cases of hiccough:

Sweating, vomiting, smoking herbal preparation, sleeping, oily eatables, salt in limited quantity, pulse of *kulattha*, old wheat, old red variety of *śāli* rice, old barley, garlic bulbs, *paṭola* (small cucumber-snake gourd), radish, basil seeds, honey, cow-urine, breathing exercises, smelling the steam coming by the dropping water on burning soil, are very useful in cases of hiccough.

हिक्कारोगे त्वपथ्यानि (प. प.)–

वातमूत्रोद्गारकासशकृद्वेगविधारणम् । रजोऽनिलातपायासाद् विरुद्धान्यशनानि च ।।१२९।।
विष्टम्भीनिविदाहीनिरूक्षाणिकफदानिच । निष्पावःपिष्टकं माषः पिण्याकानूपजामिषम् ।।१३०।।
अवीदुग्धं दन्तकाष्ठं बस्तिं मत्स्यांश्च सर्षपान् । अम्लं तुम्बीफलं कन्दं तैलभृष्टमुपोदिकाम् ।।
गुरु शीतं चान्नपानं हिक्कारोगी विवर्जयेत् ।।१३१।।

129-131. Avoidable items and activities in cases of hiccough:

Suppressing the calls of nature, facing dust, wind, hot sun, hard excercises, uncomptiable meals, constipative, hot, sour and cough-generating eatables, *niṣpāva*, paste-made eatables, *urada* beans, cakes of sesame, flesh of birds from marshy regions, milk of sheep, fish, leaves of mustard, citrus items, potato chips deep fried in oil, leaves of *kanda* and like tubers, mint and cold drinks etc. are harmful for the patients suffering from hiccough. Similarly, the *basti* therapy and use of tooth-twigs are to be avoided by the patient.

श्वासरोगे पथ्यानि (प. प.)–

विरेचनस्वेदनधूमपान-प्रच्छर्दनानि स्वपनं दिवा च ।
पुरातनाः षष्टिकरक्तशालिकुलत्थगोधूमयवाः प्रशस्ताः ।।१३२।।
शशाहिभुक्तित्तिरिलावदक्षशुकादयो धन्वमृगद्विजाश्च-
पुरातनं सर्पिरजाप्रसूतं पयो घृतं चापि सुरामधूनि ।।१३३।।
निदिग्धिकावस्तुकतण्डुलीयंजीवन्तिकामूलकपोतिका च ।
पटोलवार्ताकुरसोनपथ्याजम्बीरबिम्बीफलमातुलुङ्गम् ।।१३४।।
द्राक्षाम्रुटिः पौष्करमुष्णवारि कटुत्रयं गोजनितं च मूत्रम् ।
अन्नानि पानानि च भेषजानि कफानिलघ्नानिचयानियानि ।।१३५।।
वक्षःप्रदेशादपि पार्श्वयुग्मे करस्थयोर्मध्यमयोर्द्वयोश्च ।
प्रदीप्तलौहेन च कण्ठकूपे दाहोऽपि च श्वासिनि पथ्यवर्गः ।।१३६।।

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132-136. The useful items in the case of dysponea includes the following:

Sweating, smoking herbal drugs, sleep during daytime, intake of such items as the red variety of rice, *kulattha* (dolichos bean), wheat, barley, flash of rabit, peacock, partridge, wood-cutter, chicken, parrot and the like birds and animals of the arid regions, old *ghṛita*, milk and *ghṛita* of the goat, liquor, honey, leaves of *nidigdhikā*, *vāstuka* (chenopodium), *taṇḍulīya*, *jīvantī*, young plant of the radish, *paṭola*, brinjal, garlic, *haraḍa*, *jambīra* lemon, *bimbī* fruits, *mātulunga* lemon, date fruits, smaller cardamom, *puṣkaramūla*, hot water, the *ṭrikūṭā* herbs, urine of the cow and all other items that reduces the *kapha* and *vāta* contents of the body. Also helpful to the patient of *śvāsa* is the cauterization on both sides of his breast, on the middle fingers of his hands as well as around the pit of his throat.

श्वासरोगे त्वपथ्यानि (प. प.)–

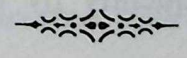
मूत्रोद्गारच्छर्दितृट्कासरोधोनस्यं वस्तिर्दन्तकाष्ठं श्रमश्च ।
अध्वा भारो रेणवः सूर्यपादाविष्टम्भीनि ग्राम्यधर्मो विदाहि ।।१३७।।
आनूपानामामिषं तैलभृष्टंनिष्पावं च श्लेष्मकारीणि माषाः ।
रक्तस्रावः पूर्ववातानुपानंमेषीसर्पिर्दुग्धमम्भोऽपि दुष्टम् ।।१३८।।
मत्स्यः कन्दाः सर्षपाश्चान्नपानंरूक्षं शीतं गुर्वपि श्वास्यमित्रम् ।।१३९।।

137-139. Harmful activities and items in cases of bronchial asthma includes:

Suppression of the calls of nature, nasal therapies, the *vasti* therapy, chewing wood sticks with the teeth, hard labour, excessive walking, lifting heavy items, facing dust, moving out in sun, consuming meals heavy to digest, having intercourse, taking hot items of meal, taking meat of the animals from the marshy region, taking deep fried nuggets and the like dishes, taikng items that produce *kapha*, taking the *urada* beans, blood-letting, facing the easternly wind, drinking water immediately after eating meals, taking the milk and *ghṛita* of sheep, drinking impure water, eating fishes, vegetable leaves of *kanda* and the like tubers, leaves of mustard, etc.

इति भैषज्यरत्नावल्यां हिक्काश्वासचिकित्साप्रकरणम् ।।१६।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां चिकित्साप्रकरणम् ।।१६।।

End of the Chapter 16 of Bhaiṣajya Ratnāvalī with Commentary



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अथ स्वरभेदचिकित्सा प्रकरणम् १७

Chapter 17
Svara Bheda

तत्र कवलधारणम्–

वाते सलवणं तैलं पित्ते सर्पिः समाक्षिकम् । कफे सक्षारकटुकं क्षौद्रं कवड इष्यते ।।१।।

1. In *vātika* type of *svara bheda*, the patient should hold rock salt mixed with oil in his mouth; in *paittika* type of *svara bheda*, he should keep *ghṛitam* and honey in his mouth and in *kaphaja* type of *svara bheda*, he should hold alkalies and pungent drugs mixed with honey.

(Cakradatt)

कवलधारणगुणाः–

गले तालुनि जिह्वायां दन्तमूलेषु चाश्रितः । तेन निष्कृष्यते श्लेष्मा स्वरश्चास्य प्रसीदति ।।२।।

2. By doing this, *kapha* located in throat, palate, tongue and gums becomes liquefied and comes out. By this the voice become clear.

(Cakradatt)

मेदोजादिस्वरभेदचिकित्साक्रमः–

स्वरोपघाते मेदोजे कफवद्विधिरिष्यते । क्षयजे सर्वजे चापि प्रत्याख्यायाचरेत् क्रियाम् ।।३।।

3. In *medoja* type *of svara bheda*, the patient should follow the prescriptions for *kaphaja svara bheda*. The same treatment would be useful in *kṣayaja* and *sannipātika* types of *svara bheda* as well. But, while treating the latter two types of *svara bheda*, it should be made clear to the patient that the condition is difficult to cure and the physician is only taking a chance.

(Cakradatt)

वातपित्तजस्वरभेदचिकित्सा (भा. प्र.)–

आद्ये कोष्णं जलं पेयं भुक्त्वा घृतरसौदनम् । क्षीराम्बुपानं पित्तोत्थे पिबेत्सर्पिरतन्द्रितः ।।४।।

4. In *svara bheda* caused due to *vāta* can be cured by taking cooked rice with *ghṛitam* and jaggery and subsequently by drinking lukewarm water. Cases of

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svara bheda caused by *pitta*-disorder can be treated by taking milk and cooked rice followed by drinking *ghṛitam*.

(*Bhāvaprakāśa*)

पिप्पल्यादिचूर्णम् (कफजस्वरभेदे)–

पिप्पली पिप्पलीमूल मरिचं विश्वभेषजम् । पिबेन्मूत्रेण मतिमान् कफजे स्वरसंक्षये ।।५।।

5. Pippalyādi Cūrṇam:

Ingredients: Black pepper, *pippalīmūla*, pepper and dried ginger

Process of Drug-Making: Obtain black pepper, *pippalīmūla*, pepper and dried ginger in equal parts, mix and powder them properly.

Method of use/ Administration and Therapeutic benefits: This *Pippalyādi Cūrṇa* should be taken in doses of 5 gm. with cow-urine measuring 46 ml.

(Cakradatt)

अजमोदादिचूर्णम्–

अजमोदां निशां धात्रीं क्षारं वह्निं विचूर्णयेत् । मधुसर्पिर्युतं लीढ्वा स्वरभेदमपोहति ।।६।।

6. Ajamodādi Cūrṇam:

Ingredients: *Ajamodā*, turmeric rinds, *āmalakī*, *yavakṣāra* and the roots of *citraka*.

Process of Drug-Making: Take 12 gm. measure each of *ajamodā*, turmeric rinds, *āmalakī*, *yavakṣāra* and the roots of *citraka* in powdered form. Mix all these powders.

Method of use/Administration: Take 5 gm. dose of this mixture with unequal parts of *ghṛitam* and honey.

Therapeutic benefits: Use of this *Ajamodādi Cūrṇa* cures hoarseness of voice.

(Cakradatt)

बदरीपत्रकल्कलेहः (स्वरभेदे)–

बदरीपत्रकल्कं वा घृतभृष्टं ससैन्धवम् । स्वरोपघाते कासे च लेहमेतं प्रयोजयेत् ।।७।।

7. Badarīpatra Kalkaleha:

Ingredients: Leaves of the *badarī* tree, rock salt and *ghṛitam*.

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Process of Drug-Making: Prepare *kalka* of the leaves of the *badarī* tree (10 gm.) along with the rock salt (1 gm.). Fry this *kalka* in *ghṛitam*(5 gm.).

Method of use/Administration: Lick this preparation with small quantity of honey.

Therapeutic benefits: Intake of this confection cures hoarseness of voice.

(Cakradatt)

चव्यादिचूर्णम्–

चव्याम्लवेतसकटुत्रिकतिन्तिडीकतालीशजीरकतुगादहनैः समांशैः ।
चूर्णं गुडप्रमृदितं त्रिसुगन्धियुक्तंवैस्वर्यपीनसकफारुचिषु प्रशस्तम् ।।८।।

8. Cavyādi Cūrṇam:

Ingredients: Powders of *cavya*, *amalavetra*, dried ginger, black pepper, pepper, seeds of tamarind, *tāliśa* leaves, white cumin seeds, *vanśalocana*, *citraka*, cinnamon bark, smaller cardamom, cassia and old jaggery.

Process of Drug-Making: Take 10 gm. each of the powders of *cavya*, *amalavetra*, dried ginger, black pepper, pepper, seeds of tamarind, *tāliśa* leaves, white cumin seeds, *vanśalocana*, *citraka*, cinnamon bark, smaller cardamom and cassia along with 130 gm. of old jaggery. Mix all of these materials properly.

Method of use/Administration: This *Cavyādi Cūrṇa* should be taken along with warm water in doses of 750 mg.

Therapeutic benefits: This recipe is useful for curing hoarseness of voice, chronic rhinitis, diseases caused by *kapha* and anorexia.

(Cakradatt)

जीवनीयद्रव्यसिद्धपयःप्रयोगः–

शर्करामधुमिश्राणि श्रृतानि मधुरैः सह । पिबेत्पयांसि यस्योच्चैर्वदतोऽभिहतः स्वरः ।।९।।

9. If a person has developed hoarseness of voice because of loud speaking, he should take milk boiled with sweet drugs (drugs belonging to *jīvanīya* group), mixed with sugar and honey.

(Cakradatt)

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त्र्यम्बकाभ्रम्–

कृष्णाभ्रं ननु मारितं पलमितं व्याघ्री बला गोक्षुरं कन्यापिप्पलिमूलभृङ्गवृषकाः पत्रं तथा बादरम् ।
धात्रीरात्रिगुडूचिकाःपृथगतःसत्त्वैःपलांशैर्युतंसंमर्द्यातिमनोरमंसुवलितं कृत्वा यदा सेवितम् ।।१०।।
वातोत्थं कफपित्तजं स्वरगदं यच्च त्रिदोषात्मकंयच्चोच्चैर्वदतो हतं बहुविधं पानीयदोषोद्भवम् ।
कासंश्वासमुरोग्रहंसयकृतंहिक्कांतृषांकामलामशर्शांसिग्रहणींज्वरं बहुविधं शोषं क्षयञ्चार्बुदम् ।।११।।
हन्ति त्र्यम्बकमभ्रमद्भुततरं वृष्यातिवृष्यं परंवह्नेर्वृद्धिकरं रसायनवरं सर्वामयध्वंसि तत् ।।१२।।

10- 12. Trayambakābhrama:

Ingredients: *Bhasma* of the black *abhraka* (mica), juices or decoctions of *kañṭakārī*, roots of *balā*, *gokṣura*, *ghṛitakumārī*, *pippalīmūla*, *bhṛingarāja*, all the five limbs (*pañcānga*) of the plant *aḍuṣā*, leaves of *kola* tree, *āmalakī*, *haridrā* and *guḍūcī*

Process of Drug-Making: Take the *bhasma* of the black *abhraka* (mica) and add to it separately the juices or decoctions of each of the following measuring 48 gm.: *kañṭakārī*, roots of *balā*, *gokṣura*, *ghṛitakumārī*, *pippalīmūla*, *bhṛingarāja*, all the five limbs (*pañcānga*) of the plant *aḍuṣā*, leaves of *kola* tree, *āmalakī*, *haridrā*, and *guḍūcī*. Saturate the preparation with each of the juices or decoctions above through hand mortar for three hours each. Finally dry the preparation in shade and prepare pills out of it each measuring 250 mg.

Therapeutic benefits: This *Trayambakābhrama* is capable to remove all kinds of *svara bheda* (hoarseness of voice) caused due to disorder in *vāta*, *pitta* and *kapha* as well as due to *sannipātta* and because of speaking loudly and due to water problem. This medicine also treats such diseases like bronchitis, congestion of the chest, enlargement of spleen, hiccup, morbid thirst, tuberculosis, jaundice, variety of piles, edema, arbuda and the like. This medicine is also an aphrodisiac, a good *rasāyaṇa* and a good digestive. Added with different *anupāna* (carrying liquids), the medicine is effective to cure a large number of diseases.

(*Rasendra Kāmdhenu*)

भैरवो रसः–

रसं गन्धं विषं टङ्गं मरिचं चव्यचित्रकम् । आर्द्रकस्य रसेनैव संमर्द्य वटिकां ततः ।।१३।।
रक्तिकैकप्रमाणेन खादेत्तोयानुपानतः । स्वरभेदं निहन्त्याशु श्वासं कासं सुदुस्तरम् ।।१४।।

13-14. Bhairava Rasa:

Ingredients: Purified mercury, purified sulphur, purified *vatsanābha*, purified borax, black pepper, *cavya*, roots of *citraka* and juice of ginger.

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Process of Drug-Making: Take 12 gm. each of the powder of the following: purified mercury, purified sulphur, purified *vatsanābha*, purified borax, black pepper, *cavya*, and roots of *citraka*. First of all prepare *kajjalī* of the mercury and sulphur and add to it the rest of materials. Triturate the preparation along with the juice of ginger for six hours. Prepare pills measuring 125 mg. each and dry them.

Method of use/Administration: One should take one pill of this *Bhairava Rasa* along with water.

Therapeutic benefits: This medicine is capable to cure diseases like the *svara bheda* (hoarseness of voice), bronchitis and difficult *kāsa* (coughs).

(*Rasendra Sār Sangraha*)

किन्नरकण्ठरसः (र. च. स्वरभेदे)–

रसं गन्धकमभ्रं च माक्षिकं लौहमेव च । कर्षप्रमाणं संगृह्य वैक्रान्तं रसपादिकम् ।।१५।।
वैक्रान्तार्द्धं तथा हेम रौप्यं हेमचतुर्गुणम् । वासायाश्चतथाभार्ग्या बृहत्या वाऽऽर्द्रकस्य च ।।१६।।
स्वरसेन सरस्वत्या भावयित्वा पृथक्-पृथक् । रक्तद्वयमिता कुर्याद्वट्यश्छायाप्रशोषिताः ।।१७।।
स्वरभेदानशेषांश्च कासाञ् श्वासांश्च दारुणान् ।
निखिलान् कफजान् व्याधीन् वातश्लेष्मसमुद्भवान् ।।१८।।
हन्यात्किन्नरकण्ठाख्योरसोऽसौरुद्रनिर्मितः । किन्नरस्येवकण्ठस्यस्वरोऽस्यप्राशनाद्भवेत् ।।१९।।
योगवाहिरसं चापि योजयन्ति भिषग्वराः । सशर्करं शुण्ठिचूर्णं क्षौद्रेण सह योजितम् ।।
कोकिलस्वर एव स्याद् गुटिकाभुक्तमात्रतः ।।२०।।

15-20. KinnaraKaṇṭha Rasa:

Ingredients: Purified mercury, purified sulphur, *abhraka bhasma*, *svarṇamākṣika bhasma*, *lauha bhasma*, *vaikrānta bhasma*, *svarṇa bhasma*, *rajata bhasma*, the leaves of *aḍuṣā*, *bhārgī*, *kañṭakārī*, ginger and *brāhmī*.

Process of Drug-Making: Take 12 gm. each of the powder of the following: purified mercury, purified sulphur, *abhraka bhasma*, *svarṇamākṣika bhasma*, and *lauha bhasma* and 3 gm. measure of the *vaikrānta bhasma*, 1.5 mg. measure of the *svarṇa bhasma* and 6 gm. measure of the *rajata bhasma*. First of all prepare *kajjalī* out of the mercury and sulphur and add to it the rest of materials. Process the mix through *bhāvanā* method separately using the juices or decoctions of the leaves of *aḍuṣā*, *bhārgī*, *kañṭakārī*, ginger and *brāhmī* in sequence. Finally dry the preparation in shade and prepare pills each measuring 250 mg. out of it.

Method of use/Administration: In the cases of *svara bheda* (hoarseness of voice), the *Yogavāhi Rasa* is also used along with different *anupāna*. After taking

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this medicine one should take the confection of jaggery added with powder of dried ginger as well as honey. This treatment makes one's voice sweet.

Therapeutic benefits: This *KinnaraKaṇṭha Rasa* is capable to remove the *svara bheda* (hoarseness of voice), bronchitis and difficult *kāsa* (coughs) as well as different diseases caused due to disorder in *vāta*, *pitta* and *kapha*. Taking the medicine regularly makes one's voice sweet like that of the *kinnaras* (celestial figures), hence its name is *KinnaraKaṇṭha Rasa*. The medicine has been first prepared by God Śankara.

रसेन्द्रगुडिका–

लौहमभ्रं च प्रत्येकं कर्षमात्रं च जारितम् ।।२१।।
रसगन्धकयोर्ग्राह्यं पृथक् कर्षार्द्धमात्रकम् । प्रबालं खर्परं शाण-मानंचापि पृथक्-पृथक् ।।२२।।
ततो निदिग्धकायाश्च ब्राह्म्याश्चापि रसेन हि । वासकस्य रसेनापि तत्कषायैश्च वा पृथक् ।।२३।।
तत्सर्वं भेषजाभिज्ञो भावयेत्तु त्रिधा त्रिधा । रक्तिकाद्वयमानेन विदध्याद्वटिकां ततः ।।२४।।
सप्तवासरपर्यन्तं सेवनेन नृणां ननु । स्वरस्य शुद्धिः स्यात्तद्वद् मासमात्रप्रयोगतः ।।२५।।
किन्नरैः सह सादृश्यं गानेऽपि लभते नरः ।मेधयायशसातुष्ट्या पुष्ट्या चापि युतो भवेत् ।।२६।।
कासश्वासप्रमेहेभ्यः शीघ्रमेव विमुच्यते । रसेन्द्रगुडिका ह्येषा धन्वन्तरिविनिर्मिता ।।२७।।

21-27. Rasendra Guḍikā:

Ingredients: *Bhasmas* of the *lauha*, *abhraka*, *pārada*, *gandhaka*, *pravāla* and *kharpara*, juices or decoctions of the leaves of *aḍuṣā*, *kañṭakārī*, ginger and *brāhmī*.

Process of Drug-Making: Take 12 gm. each of the *bhasmas* of the *lauha* and *abhraka*, 6 gm. each of the purified mercury, purified sulphur, and 3 gm. measure each of the *pravāla bhasma* and *kharpara bhasma*. First of all prepare *kajjalī* of the mercury and sulphur and add rest of materials into it. Process the mix through *bhāvanā* method separately using the juices or decoctions of the leaves of *aḍuṣā*, *kañṭakārī*, ginger and *brāhmī* for three consecutive terms. Finally dry the preparation in shade and prepare pills each measuring 250 mg. out of it.

Method of use/ Administration and Therapeutic benefits: If taken for seven days, this *Rasendra Guḍikā* is capable to purify the voice. If taken for one full month, this medicine can make one's voice as sweet as that of the *kinnars* (celestial figures). The drug makes one popular, well built, full of strength and nutrition. One is cured from diseases such as bronchitis, *kāsa* (coughs), *prameha*

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(i.e. urinary disorders including diabetes) and the like. This *Rasendra Guḍikā* has been prescribed by none other than God Dhanvantarī.

निदिग्धिकावलेहः (भा. प्र. स्वरभेदा.)–

निदिग्धिका तुला ग्राह्या तदर्द्धं ग्रन्थिकस्य तु । तदर्द्धं चित्रकस्यापि दशमूलं च तत्समम् ।।२८।।
जले द्रोणद्वये क्वाथ्यं गृह्णीयादाढकं ततः । पूते क्षिपेत्तदर्द्धं तु पुराणस्य गुडस्य च ।।२९।।
सर्वमेकत्र कृत्वा तु लेहवत् साधु साधयेत् । अष्टौ पलानि पिप्पल्यास्त्रिजातकपलं तथा ।।३०।।
मरिचस्य पलं चैकं सर्वमेकत्र चूर्णितम् । मधुनः कुडवं दत्त्वा तदश्नीयाद् यथाऽनलम् ।।३१।।
निदिग्धिकाऽवलेहोऽयं भिषग्भिर्मुनिभिर्मतः । स्वरभेदहारी मुख्यः प्रतिश्यायहरस्तथा ।।३२।।
कासश्वासाग्निमान्द्यादीन्गुल्ममेहगलामयान् । आनाहमूत्रकृच्छ्राणि हन्याद् ग्रन्थ्यर्बुदानि च ।।३३।।

28-33. Nidigdhikāvaleha:

Ingredients: Smaller variety of *vyāghrī*, *pippalīmūla*, *citraka*, *daśamūla* herbs, water, old jaggery, *pippalī* powder, powder of the *trijāta* herbs (i.e. cinnamon bark, smaller cardamom and cassia), powder of black pepper and honey.

Process of Drug-Making: Obtain 5 kg. measure of the smaller variety of *vyāghrī*, 2.5 kg. of *pippalīmūla*, 1.25 kg. of *citraka*, and 1.25 kg. of the *daśamūla* drugs. Boil them in water measuring 24 litre. Boil the decoction so long as it is reduced to one eighth. Subsequently strain the liquid through cloth. Cook this preparation adding to it old jaggery measuring half of the decoction, i.e. 1.500 kg. When the cooking assumes the shape of a confection, add to it 375 gm. measure of *pippalī* powder, 46 gm. each of the powder of the *trijāta* herbs (i.e. cinnamon bark, smaller cardamom and cassia), 46 gm. of the powder of black pepper and 190 gm. measure of honey.

Therapeutic benefits: This *Nidigdhikāvaleha* as prescribed by various seers and scholars is capable to remove the *svara bheda*. Using the medicine as per the physical condition of the patient/user one can effectively cure such diseases as *kāsa* (coughs), bronchitis, indigestion, *gulma*, *prameha*, *ānāha*, *mūtrakṛicchara*, *granthi*, *arbuda* and various diseases of the throat.

सहरिद्रा वचा कुष्ठं पिप्पली विश्वभेषजम् । अजाजी चाजमोदा च यष्टीमधु च सैन्धवम् ।।३४।।
एतानि समभागानिश्लक्ष्णचूर्णानि कारयेत् । तच्चूर्णं सर्पिषाऽऽलोड्य प्रत्यहं भक्षयेन्नरः ।।३५।।
एकविंशतिरात्रेण भवेच्छ्रुतिधरो नरः । मेघदुन्दुभिनिर्घोषो मत्तकोकिलनिस्वनः ।।
जडगद्गदमूकत्वं लेहः कल्याणको जयेत् ।।३६।।

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34-36.Kalyāṇa Avaleha:

Ingredients: *Haridrā*, *vacā*, *kuṣṭha*, pepper, dried ginger, cumin seeds, *ajamodā*, *madhuyaṣṭī*, rock salt and cow-*ghṛitam*.

Process of Drug-Making: Take 10 gm. measure each of the powder of the following: *haridrā*, *vacā*, *kuṣṭha*, pepper, dried ginger, cumin seeds, *ajamodā*, *madhuyaṣṭī* and rock salt. Triturate their mixture along with cow-*ghṛitam* (200 gm.) and churning the same prepare a confection out of it.

Method of use/ Administration and Therapeutic benefits: One should take this preparation in doses of 6-12 gm. along with lukewarm milk or water. By taking the medicine for 21 consecutive days, one can achieve a great memory power. He can remember each word that has been uttered for only one time. This medicine *Kalyāṇavaleha* makes the voice as sound as the thunder of the clouds, and as smooth as the voice of a cuckoo. This medicine is capable to remove the various disturbances of voice.

(Cakradatt)

व्याघ्रीघृतम्–

व्याघ्रीस्वरसविपक्वंरास्नावाट्यालगोक्षुरव्योषैः। सर्पिःस्वरोपघातंहन्यात्कासञ्चपञ्चविधम् ।।३७।।

37. Vyāghrī Ghṛitam:

Ingredients: *Rāsnā*, root of the *balā* plant, *gokṣura*, dried ginger, black pepper, small pepper, *mūrcchita* cow-*ghṛitam* and juice or decoction of the *kaṇṭakārī*.

Process of Drug-Making: Take 40 gm. measure each of the following: *rāsnā*, root of the *balā* plant, *gokṣura*, dried ginger, black pepper and small pepper. Pound their mixture and prepare a *kalka* of it. Obtain 240 gm. measure of the *kalka* as well as 1 litre of *mūrcchita* cow-*ghṛitam*. Also take about four liters of the juice or decoction of the *kaṇṭakārī* and boil all of them thoroughly.

Method of use/Administration: One should take the medicine daily in doses of 6-12 gm. measure after mixing the same into lukewarm water or milk.

Therapeutic benefits: This medicine removes the hoarseness of voice as well as five kinds of *kāsa*.

(Vangasen)

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स्नेहसाधानार्थं क्वाथविधिः–

शुष्कद्रव्यमुपादाय स्वरसानामसम्भवे । वारिण्यष्टगुणे साध्यं ग्राह्यं पादावशेषितम् ।।३८।।

38. If the juice of *vyāghrī* is not available, then the herrb in dry form should be boiled with eight times of water, reduced to one-forth and used for the preparation of this recipe.

(Vangasen)

सारस्वतघृतम् (ब्राह्मीघृतम्)–

समूलपत्रमादाय ब्राह्मीं प्रक्षाल्य वारिणा । उदूखले क्षोदयित्वा रसं वस्त्रेण गालयेत् ।।३९।।
रसे चतुर्गुणे तस्मिन् घृतप्रस्थं विपाचयेत् । औषधानि तु पेष्याणि तानीमानि प्रदापयेत् ।।४०।।
हरिद्राऽऽमलकी कुष्ठं त्रिवृता सहरीतकी। एतेषांपलिकान्भागाञ्शेषाणिकार्षिकाणि च ।।४१।।
पिप्पल्योऽथ विडङ्गानि सैन्धवं शर्करा वचा । सर्वमेत्समालोड्य शनैर्मृद्वग्निना पचेत् ।।४२।।
एतत्प्राशितमात्रेण वाग्विशुद्धिः प्रजायते । सप्तरात्रप्रयोगेण किन्नरैः सह गीयते ।।४३।।
अर्द्धमासप्रयोगेण सोमराजीवपुर्भवेत् । मासमात्रप्रयोगेण श्रुतमांत्रन्तु धारयेत् ।।४४।।
हन्त्यष्टादशकुष्ठानि ह्यर्शांसि विविधानि च । पञ्चगुल्मान् प्रमेहांश्च कासं पञ्चविधं तथा ।।४५।।
वन्ध्यानामपि नारीणां नराणामल्परेतसाम् । घृतं सारस्वतं नाम बलवर्णाग्निवर्द्धनम् ।।४६।।

39-46. Sārasvata Ghṛitam (or Brāhmī Ghṛitam):

Ingredients: Plant of *brāhmī* along with its roots and leaves, *mūrcchita* cow-*ghṛitam*, turmeric rinds, *āmalakī*, *kuṣṭha*, roots of the plant *triviṛit*, barks of plant *haraḍa*, *pippalī*, *vāyaviḍanga*, rock-salt, raw sugar and *vacā*.

Process of Drug-Making: Take plant of *brāhmī* along with its roots and leaves and wash it properly. Pound the herb and prepare a *kalka*. Put the *kalka* in a cloth-pack and crush the pack to obtain the juice of the herb. Store as much as 3 litre measure of the juice thus obtained and mix the same into 750 gm. of *mūrcchita* cow-*ghṛitam*. Add to this preparation 46 gm. measure *kalkas* of each of the following herbs: turmeric rinds, *āmalakī*, *kuṣṭha*, roots of the plant *triviṛit*, barks of plant *haraḍa*, and 12 gm. measure each of the *kalka* of *pippalī*, *vāyaviḍanga*, rock-salt, raw sugar and *vacā*. Cook the preparation on a slow heat.

Method of use/ Administration and Therapeutic benefits: This medicine should be taken in doses of 6-12 gm. along with lukewarm water or milk. This medication purifies one's voice. If taken for seven consecutive days, the voice of a human being becomes as sweet as that of the *kinnars* (celestial figures). If taken for half a month, this medicine makes one's body to glow like moon. Using the medicine for one month equips one with extra-ordinary memory. This *Sārasvata Ghṛitam* or *Brāhmī Ghṛitam* is capable to free the patient from a variety of

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diseases including 18 types of *kuṣṭha* (skin diseases including leprosy), six kinds of pile, five kinds of *gulma*, 20 types of *prameha* (i.e. urinary disorders including diabetes) and five types of *kāsa* (coughs). This drug promotes the strength, complexion and digestive power as well.

भृङ्गराजाद्यं घृतम् (च. द.)–

भृङ्गराजामृतवल्लि-वासकदशमूलकासमर्दरसैः ।
सर्पिः सपिप्पलीकं सिद्धं स्वरभेदकासजिन्मधुना ।।४७।।

47. Bhṛingarājadya Ghṛitam:

Ingredients: *Mūrcchita ghṛitam* of cow, *bhṛingarāja*, *amṛitavallī*, *vāsaka*, *daśamūla* herbs, *kāsamarda* and powder of *pippalī*.

Process of Drug-Making: *Mūrcchita ghṛitam* (1kg.) of cow should be boiled with juices measuring 1 litre each of *bhṛingarāja*, *amṛitavallī*, *vāsaka*, *daśamūla* herbs and *kāsamarda* and 250 gm. of the *kalka* of the powder of *pippalī*.

Method of use/Administration: This medicated *ghṛitam* should be given to the patient along with honey in doses of 6-12 gm.

Therapeutic benefits: It cures hoarseness of voice as well as cough.

(Cakradatt)

कफजस्वरभेदादिचिकित्सा–

श्लेष्मणानेकशो रोग-पीडितानां नृणां ननु । यक्ष्मिणां कासिनां नित्यमशुद्धरससेवनात् ।।४८।।
ये तूपद्रवरूपेण कण्ठे जायन्त आमयाः । शोथक्षतप्रभृतयस्ते चिकित्स्याः पृथग् नहि ।।४९।।
अतश्चिकित्स्योभिषजामादौमुख्यामयःपरम् । किंवामुख्यस्यरोगस्य गौणस्यापि भिषग्वरैः ।।५०।।
तुल्या चिकित्सा कर्त्तव्या वृद्धसंमतमित्यलम् ।
यस्माद्गौणाः कण्ठशोथा-दयस्तु विविधा गदाः ।।५१।।
अतिवृद्धाः कुपथ्येना-नन्यकारणकं गदम् । स्वरभेदं सुघोरं द्राग् रोगिणां जनयन्ति हि ।।५२।।
अथमुख्याएवरोगा-श्चिकित्स्याभिषजां सदा । मुख्यरोगे प्रशान्ते हि च्छिन्नमूला द्रुमा इव ।।५३।।
आप्नुवन्त्यात्मनानाशंगौणा रोगा अपि द्रुतम् । अतः प्राक् सावधानेन हेतुसंप्राप्तिलक्षणैः ।।५४।।
परीक्षणीयावैद्येनमुख्योगौणःपृथक्-पृथक् । ततोदोषानुसारेणचिकित्स्यःस्याद् गदः सदा ।।५५।।

48-55. The damage or disturbances caused in the neck or throat due to excessive *kapha*, taking impure formulation of mercury, *kāsa* (coughs) and tuberculosis should not be treated separately. The main disease should be properly treated instead. If that is done adequately, the side effects in shape of hoarseness of voice is automatically checked. As after cutting the roots, leaves and other parts of

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a plant automatically dry, once the main disease is cured, the effected indisposition gets controlled without any extra effort. Therefore, the physician should first distinguish the main as well as auxiliary diseases before starting the medicine.

कवलग्रहणोपदेशः स्वरभेदादौ–

बब्बूलस्थूलसुदलजम्बूतिन्दुकसंभवाम् । त्वचं तुल्यांशभावेन गृहीत्वा संपचेद्भिषक् ।।५६।।
तत्षोडशगुणेनीरेक्वाथरीत्याऽत्यतन्द्रितः । क्वाथस्यार्द्धावशिष्टस्य सद्यः कवलधारणात् ।।५७।।
स्वरभङ्गार्तिरुधिर-स्रावक्षतमुखा गदाः । प्रायशो विलयं यान्ति दृष्टमेतन्न संशयः ।।५८।।
स्फटिकाया रजोऽप्यत्र प्रक्षिपन्ति भिषग्जनाः ।।५९।।

56-59. Obtain one part each of the barks of acacia, *jambū* and *tinduka* trees and decoct them in 16 parts worth of water. Boil the preparation till the original quantity is halved. Strain the mixture and obtain the syrup to be used as a gargle while it is still lukewarm. This medicine is also called *Babbūlādi Kvātha* checks cases of *svara bheda*, bleeding due to it and other indispositions. Some experts suggest sprinkling of the powder of alum over the syrup.

तथाक्वाथोऽपिपथ्यायाःस्फटिकाचूर्णमिश्रितः।रक्तस्रुत्यादिकान्रोगान्निहन्त्यास्यविधारितः।।६०।।
पिधापयेद् गलं नित्यमूर्णानिर्मितवाससा । शान्तिमीप्सुर्जनो नूनं स्वरभङ्गरुजाऽर्दितः ।।६१।।

60-61. One can also take decoction of *haraḍa* mixed with the powder of alum in the cases of *svara bheda* combined with bleeding. One is also advised to use woolen muffler around one's neck in the indisposition.

स्वरभेदरोगे पथ्यानि (प. प.)–

स्वेदो बस्तिर्धूमपानं विरेकः कवलग्रहः । नस्यं भाले शिरावेधो यवा लोहितशालयः ।।६२।।
हंसाटवीताम्रचूडकेकिमांसरसाः सुरा । गोकण्टकः काकमाची जीवन्ती बालमूलकम् ।।६३।।
द्राक्षा पथ्या मातुलुङ्गं लशुनं लवणार्द्रकम् । ताम्बूलं मरिचं सर्पिः पथ्यानि स्वरभेदिनाम् ।।६४।।

62-64. Sweating, *basti* (enema) therapy, smoking (herbal preparations), etc. are good for the patients of *svara bheda*. The meat of peacock and hen, red variety of rice, liquor, radish, *haraḍa*, lemon, garlic bulbs, pieces of ginger treated with salt, betel leaves, black pepper and *ghṛitam* are also prescribed for the diets of patients.

अन्यच्च–

बलपुष्टिप्रदं हृद्यं कफघ्नं स्वरशुद्धिकृत् । अन्नं पानं च निखिलं स्वरभेदे हितं मतम् ।।६५।।

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65. In the indisposition of *svara bheda*, the patient should take nutritious and invigourating edibles. He should take edibles and drinks that destroy *kapha* and purifies the voice.

स्वरभेदरोगेऽपथ्यानि–

आमं कपित्थं बकुलं शालूकं जाम्बवानि च । तिन्दुकानि कषायाणि वमिं स्वप्नं प्रजल्पनम् ।।
अम्लं दधि च यत्नेन स्वरभेदी विवर्जयेत् ।।६६।।

अपि च–

नात्राभिष्यन्दिसंसेव्यंन च शीतक्रिया हिता । दिवास्वापो न कर्त्तव्यो न च वेगविधारणम् ।।६७।।

66-67. The unripe *kapittha* fruit, or other unripe fruits, *jambū* fruits, *tinduka* fruit, tasteless liquids, vomiting, taking bitter fruits, etc. should be avoided while suffering *svara bheda* indisposition. Moreover, excessive speaking, taking bath in cold water and gruel with cold water, sleep during daytime and suppression of nature's call must be avoided to control the *svara bheda*.

इति भैषज्यरत्नावल्यां स्वरभेदचिकित्साप्रकरणम् ।।१७।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायांस्वरभेदचिकित्साप्रकरणम् ।।१७।।

End of the Chapter 17 of Bhaiṣajya Ratnāvalī with Commentary

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अथारोचकचिकित्साप्रकरणम् १८

Chapter 18
Treatment of Anorexia (*Arocaka*)

तत्र सामान्यक्रमः–

वस्तिं समीरणे पित्ते विरेकं वमनं कफे । कुर्याद्धृद्यानुकूलानि हर्षणञ्च मनोध्नजे ।।१।।

1. In *vātika* type of anorexia, the patient should be given *virecana* (purgation) and in *kaphaja* type, he should be given *vamana* (emetic) therapy. In the anorexia caused by psychic afflictions, exhilarating regiments conducive to his heart, should be prescribed. In condition of *arocaka* due to some mental shock, one should take very tasteful and delicious meals.

(Cakradatt)

वातजारोचकचिकित्सा (च. द.)–

वान्तो वचाऽब्धिरनिले विधिवत् पिबेत्तु स्नेहोष्णतोयमदिराऽन्यतमेन चूर्णम् ।
कृष्णाविडङ्गयवभस्महरेणुभार्गीरास्नैलहिङ्गुलवणोत्तमनागराणाम् ।।२।।

2. Treatment of vātika type of anorexia:

In *vātika* type of anorexia, the patient should be given *vamana* (emetic) therapy with the powder of *vacā*. After vomiting, one should be given the powder of *kṛiṣṇā*, *viḍanga*, *yava kṣāra*, *hareṇukā*, *bhārgī*, *rāsnā*, *elā*, asafoetida, rock-salt and dried ginger all in equal parts along with any one of the following: oil, *ghṛitam*, sour drinks, water or alcoholic drinks.

(Cakradatt)

पित्तजकफजत्रिदोषजारोचकानां चिकित्सा (च. द.)–

पैत्ते गुडाम्बुमधुरैर्वमनं प्रशस्तंलेहः ससैन्धवसितामधुसर्पिरिष्टः ।
निम्बाम्बुछर्दितवतः कफजेऽनु पानंराजद्रुमाम्बुमधुना सह दीप्यकाढ्यम् ।।३।।
चूर्णं यदुक्तमथवाऽनिलजे तदेव । सर्वैश्च सर्वकृतमेवमुपक्रमेच्च ।।४।।

3-4. Treatment of paittika type of anorexia:

The patient should be given *vamana* (emetic) therapy with jaggery and water mixed with sweet drugs. Thereafter, a confection prepared out of rock-salt (2 gm.), raw sugar (4 gm.), honey (6 gm.) and *ghṛitam* (12 gm.) should be administered. In

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kaphaja type of anorexia, the patient should be given *vamana* (emetic) therapy with the help of juice or decoction of *nimba*. Thereafter, he should be made to drink decoction of *rājadruma* along with honey (12 gm.) added with powder of caraway seeds (3 gm.). The recipe prescribed for *vātika* anorexia is also useful in the treatment. In cases of *sannipātika* type of anorexia, mixed kind of therapy can also be administered.

(Cakradatt)

कवलग्रहचतुष्टयम्–

कुष्ठसौवर्चलाजाजीशर्करामरिचं बिडम् । धात्र्येलापद्मकोशीरपिप्पल्यश्चन्दनोत्पलम् ।।५।।
लोध्रं तेजोवती पथ्या त्र्यूषणं सयवाग्रजम् । आर्द्रदाडिमनिर्यासश्चाजाजीशर्करायुतः ।।६।।
सतैलमाक्षिकास्त्वेते चत्वारः कवडग्रहाः । चतुरोऽरोचकान् हन्युर्वाताद्येकजसर्वजान् ।।७।।

5-7. (i) Take equal parts of *kuṣṭha*, black salt, white cumin seeds, raw sugar, black pepper and *viḍa* salt and powder, grind and mix them properly. Raise their combined powder measuring 2 gm. and mix it with honey measuring 12 gm. and sesame oil measuring 20 ml. One should gargle with the preparation. This medication is very effective in checking the *vātika* type of anorexia. (ii) Take equal parts of *āmalakī*, smaller cardamom, *padmaka*, *uśīra* roots, small pepper, white sandalwood and *nīlotpala* in powdered form and take doses of 1-2 gm. each with honey (12 gm.) and sesame oil (12 ml.). This can also be used for gargle. This medication is very effective in checking the *paittika* type of anorexia. (iii) Mix the powders of *lodhra*, *cavya*, *haraḍa*, dried ginger, black pepper, pepper and *yavakṣāra* in equal parts. Take 1 gm. measure of the powder with honey (12 gm.) and sesame oil (12 ml.) and gargle with the preparation in the line suggested above. This medication is very effective in checking the type of anorexia caused due to disorder of *kapha*. (iv) Roast cumin seeds measuring 12 mg. in the juice of pomegranate seeds measuring 12 ml. and add raw sugar (12 gm.) to the preparation. Take doses of the preparation with honey (12 gm.) and gargle with it in the line suggested above. This medication is effective in checking the type of anorexia caused due to *sannipāta*.

(Cakradatt)

अरोचघ्नाः पञ्च योगाः–

त्वङ्मुस्तमेलाधान्यानि मुस्तमामलकंत्वचः । त्वक् च दार्वी यमान्यश्च पिप्पल्यस्तेजोवत्यपि ।।८।।
यमानी तिन्तिडीकञ्च पञ्चैते मुखशोधनाः । श्लोकपादैरभिहिताः सर्वारोचकनाशकाः ।।९।।

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8-9. For the cure of different types of anorexia, the mouth should be cleansed with the following five recipes: (1) In cases of the *vātika* type of anorexia, powder of *tvak*, *mustā*, *elā* and *dhānya* in equal parts along with honey; (2) in cases of the *paittika* type of anorexia, *mustā*, *āmalakī* and *tvak* in equal parts along with butter; (3) in cases of *kapha* type of anorexia, *tvak*, *dārvī* and *yavānī* in equal parts along with honey; (4) in cases of the *āgantuka* type of anorexia, *pippalī* and *tejo vaṭī* in equal parts along with honey; and (5) in cases of the *sannipātika* type of anorexia, *yamānī* and *tintiḍikā* in equal parts, along with honey.

(Cakradatt)

अम्लिकादिकवलधारणम्–

अम्लिका गुडतोयञ्च त्वगेलामरिचान्वितम् । अभक्तच्छन्दरोगेषु शस्तं कवलधारणम् ।।१०।।

10. Cook the pulp of tamarind fruits along with the syrup made from raw sugar and mix 12 gm. measure of the recipe with the cinnamon, smaller cardamom and black pepper each measuring 500 mg. in amount. Part of this preparation should be hold in mouth for a little moment before consuming it.

(Cakradatt)

कारव्यादिवटी–

कारव्यजाजीमरिचं द्राक्षावृक्षाम्लदाडिमम् । सौवर्चलं गुडक्षौद्रं सर्वारोचकनाशनम् ।।११।।

11. Kāravyādi Vaṭī:

Ingredients: Black cumin seeds, white cumin seeds, black pepper, raisin, *amalavetra*, pomegranate seeds, black seeds, raw sugar and honey.

Process of Drug-Making: Obtain 12 gm. measure each of the black cumin seeds, white cumin seeds, black pepper, raisin, *amalavetra*, pomegranate seeds, black seeds and raw sugar and mix them in honey up to saturation point. Prepare pills measuring 4 gm. each out of it.

Method of use/ Administration and Therapeutic benefits: Suck the pill to get cure from anorexia.

(Cakradatt)

दाडिमस्वरसः–

विट्चूर्णमधुसंयुक्तो रसो दाडिमसम्भवः । असाध्यामपि संहन्यादरुचिं वक्त्रधारितः ।।१२।।

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12. The powder of *vida* salt measuring 1 gm. should be mixed with honey (also measuring 1 gm.) and the juice of *dāḍima* I(12 ml.). Hold this preparation in mouth for a little moment before consuming the same. It cures even incurable type of anorexia.

(Cakradatt)

त्र्यूषणादिचूर्णम्–

त्रीण्यूषणानि त्रिफला रजनीद्वयञ्च चूर्णीकृतानि यवशूकविमिश्रितानि ।
क्षौद्रान्वितानि वितरेन्मुखधारणार्थमन्यानि तिक्तकटुकानि च भेषजानि ।।१३।।

13. Trayūṣṇādi Cūrṇam:

Ingredients: Powder of *tryūṣṇa*, *triphalā*, both the varieties of *rajanī* and *yavakṣāra* and honey.

Process of Drug-Making: Take the powder of *tryūṣṇa*, *triphalā* and both the varieties of *rajanī* and *yavakṣāra* each measuring 12 gm.. Mix it with honey measuring 2 gm.

Method of use/ Administration and Therapeutic benefits: This preparation should be hold in mouth for a while to get cure from anorexia. Similarly, other bitter and pungent drugs can be used for this purpose.

(Cakradatt)

लवणार्द्रकप्रयोगः (भा. प्र.)–

भोजनाग्रे सदा पथ्यं लवणार्द्रकभक्षणम् । रोचनं दीपनं वह्नेर्जिह्वाकण्ठविशोधनम् ।।१४।।

14. Taking the powder of rock salt and pieces of ginger before meals purifies the mouth and throat and promotes interest in eating. It also develops the digestive power.

(*Bhāvaprakāśa*)

तक्रप्रयोगो रुचिकरः–

राजिकाजीरकौ भृष्टौ भृष्टं हिङ्गु सनागरम् । सैन्धवं दधि गोः सर्वं वस्त्रपूतं प्रकल्पयेत् ।।१५।।
तावन्मात्रं क्षिपेत्तक्रं यथा स्याद्रुचिरुत्तमा । तक्रमेतद्भवेत्सद्यो रोचनं वह्निवर्द्धनम् ।।१६।।

15-16. Take 5 gm. measure each of *rājikā* seeds, cumin seeds, fried pieces of asafoetida, dried ginger and rock salt and mix their powder into curd (50 gm.)

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prepared from cow's milk. Add buttermilk (50 ml.) to this preparation and drink the same for immediate relief in *arocaka*.

शिखरिणीविधिः (भा. प्र.)–

सम्यगावर्त्तितं दुग्धं निबद्धं दधि माहिषम् । एकीकृत्य पटे घृष्टं शुभ्रशर्करया समम् ।।१७।।
एलालवङ्गकर्पूरमरिचैश्च समन्वितम् । नाम्ना शिखरिणी कुर्याद्रुचिं सकलवल्लभाम् ।।१८।।

17-18. Strain through a cloth the curd (made from the milk of buffalo) and mix it into cow's milk and sugar that have been well-boiled. Add to it smaller cardamom, clove, camphor, and black pepper in equal parts. This *Śikharaṇī* is now ready to control *arocaka* cases. This is a very tasteful and delicious preparation.

(*Bhāvaprakāśa*)

दाडिमादिचूर्णम् (भा. प्र.)–

द्वे पले दाडिमाम्लस्य खण्डं दद्यात् पलत्रयम् । त्रिसुगन्धिपलञ्चैकं चूर्णमेकत्र कारयेत् ।।१९।।
तच्चूर्णं मात्रया भुक्तमरोचकहरं परम् । दीपनं पाचनं च स्यात् पीनसज्वरकासजित् ।।२०।।

19-20. Dāḍimādi Cūrṇam:

Ingredients: Powder of pomegranate seeds, powdered sugar, smaller cardamom, cinnamon, cassia powder and buttermilk or warm water.

Process of Drug-Making: Take 93 gm. of the powder of pomegranate seeds, 140 gm. of powdered sugar, and 46 gm. each of the smaller cardamom, cinnamon, and cassia powders. Mix all of them properly.

Method of use/Administration: Take the mixture in doses of 1-3 gm. along with buttermilk or warm water.

Therapeutic benefits: This *Dāḍimādi Cūrṇa* is effective in checking *kāsa* (coughs), fever and in increasing digestive power.

(*Bhāvaprakāśa*)

यमानीषाडवः–

यमानी तिन्तिडीकञ्च नागरञ्चाम्लवेतसम् । दाडिमं बदरञ्चाम्लं कार्षिकाण्युपकल्पयेत् ।।२१।।
धान्यसौवर्चलाजाजीवराङ्गञ्चार्द्धकार्षिकम् । पिप्पलीनां शतञ्चैव द्वे शते मरिचस्य च ।।२२।।
शर्करायाश्च चत्वारि पलान्येकत्र चूर्णयेत् । जिह्वाविशोधनं हृद्यं तच्चूर्णं भक्तरोचनम् ।।२३।।
हृत्पीडापार्श्वशूलघ्नं विबन्धानाहनाशनम् । कासश्वासहरं ग्राही ग्रहण्यर्शोविकारनुत् ।।२४।।

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21-24. Yamānī Ṣāḍava:

Ingredients: Caraway seeds, pulp of tamarind fruits, dried ginger, *āmalaveta*, pomegranate seeds, dried stone of jujube fruit, coriander seeds, black salt, seeds of white cumin, cinnamon, small pepper, 200 pieces of black pepper and sugar.

Process of Drug-Making: Take about 12 gm. measure each of the caraway seeds, pulp of tamarind fruits, dried ginger, *āmalaveta*, pomegranate seeds and dried stone of jujube fruit and 6 gm. measure each of the coriander seeds, black salt, seeds of white cumin and cinnamon. Obtain powders of 100 pieces of small pepper, 200 pieces of black pepper and about 1.90 kg. of sugar as well. Mix all of these properly and thoroughly.

Method of Use/Administration: Dosage: 2-4 gm.

Therapeutic benefits: This *Yamānī Ṣāḍava* clears and purifies the tongue, promotes tastes, checks piles and certain heart related indispositions as well.

(*Bhāvaprakāśa*)

नागरादिचूर्ण वटिका च–

नागरं जीरकं श्वेतं पथ्या श्वेतवचा त्वचा । अग्निरामठसूक्ष्मैलालवङ्गं च यमानिका ।।२५।।
शचाह्वामधुराम्भोदमरिचं विडसैन्धवे । टङ्कणं सद्गुणैः पूर्णं कणाऽपि समभागतः ।।२६।।
एतत्सर्वं समादाय चूर्णयेत् खल्लतल्लजे । ततोऽदः श्लक्ष्णचूर्णं तु माषमात्रमतन्द्रितः ।।२७।।
प्रत्यहं यो नरोऽश्नीयान्नागराद्यभिधं शुभम् । तस्यातिसाराम्लपित्तानलमान्द्यविसूचिकाः ।।२८।।
सूतिकाग्रहणीगुल्मशूलप्लीहयकृज्ज्वराः । विलम्बिकाऽरोचकाद्या गदा यान्ति लयं लघु ।।२९।।

25-29. Nāgarādi Cūrṇa:

Ingredients: Dried ginger, white cumin seeds, *haraḍa*, white variety of *vacā*, cinnamon bark, roots of *citraka*, fried asafoetida, smaller cardamom, clove, caraway seeds, aniseeds, *nāgaramustaka*, black pepper, *viḍa* salt, rock salt, borax and *pippalī*.

Process of Drug-Making: Take 12 gm. measure each of the dried ginger, white cumin seeds, *haraḍa*, white variety of *vacā*, cinnamon bark, roots of *citraka*, fried asafoetida, smaller cardamom, clove, caraway seeds, aniseeds, *nāgaramustaka*, black pepper, *viḍa* salt, rock salt, borax and *pippalī* and powder their mixture thoroughly.

Method of use/Administration: Take the medicine in doses of 1 gm. along with honey.

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Therapeutic benefits: This *Nāgarādi Cūrṇa* cures one from variety of diseases including dysentery, *āmlapitta*, loss of digestion, *viṣūcīkā*, delivery related indispositions, *sangrahaṇī*, *gulma*, *śūla*, enlargement of spleen, enlargement of liver, chronic fever, and anorexia and the like.

वटिका तु–

चतुर्गुणैस्तु जम्बीर-वारिभिर्यदि भावनाः । सप्तावैव प्रदीयेरँस्तर्हि सद्भिश्चिकित्सकैः ।।३०।।
परिज्ञायेतेदमेव प्रशस्तैरुत्तमा गुणैः । नागरादिवटी नाम्ना रुचिसंवर्द्धिनी परा ।।३१।।

30-31. Nāgarādi Vaṭikā:

Ingredients: Dried ginger, white cumin seeds, *haraḍa*, white variety of *vacā*, cinnamon bark, roots of *citraka*, fried asafoetida, smaller cardamom, clove, caraway seeds, aniseeds, *nāgaramustaka*, black pepper, *viḍa* salt, rock salt, borax, *pippalī* and juice of lemon.

Process of Drug-Making: Process the powders of all of the above herbs. Mix them together and process the mix through *bhāvanā* method using the juice of lemon for seven consecutive terms and prepare pills measuring 2 gm. each. This pill is known as the *Nāgarādi Vaṭikā*.

कलहंसकाञ्जिकम्–

शिग्रुफलान्यष्टादशदिङ्भरिचानिविंशतिःपिप्पल्यः। आर्द्रकपलंगुडपलंप्रस्थद्वयमारनालस्य ।।३२।।
एतद्विडपलसहितं खजाहतं सुरभिगन्धाढ्यम् । व्यञ्जनसहस्रघाति ज्ञेयं कलहंसकं नाम ।।३३।।

32-33. Kalahansa Kānjikam:

Ingredients: Fruits of *śigru*, fruits of *marica*, fruits of *pippalī*, ginger, *guḍa*, *kānji viḍa* salt and *cāturjāta* herbs.

Process of Drug-Making: Eighteen fruits of *śigru*, 20 fruits of *marica*, 20 fruits of *pippalī*, 46 gm. of ginger and *guḍa* each and 1500 ml. of *kānji* should be mixed with 46 gm. of *viḍa* type of salt as well as 48 gm. of the *cāturjāta* herbs (in combination). Powder the mixture and churning the same keep this in certain earthen pot to take the form of a *kānji*.

Therapeutic benefits: This is called *Kalahansa*, and it is comparable to one thousand *vyañjanas* (delicious vegetable preparations). This drug can digest even heavy meals as well.

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तिन्तिडीपानकम्–

भागास्तुपञ्चचिञ्चायाःखण्डस्यापिचतुर्गुणाः । धान्यकार्द्रकयोर्भागौ चातुर्जातार्द्धभागिकम् ।।३४।।
त्रिगुणं जलमेतेषामेकपात्रे विलोडितम् । पिहितं तप्तदुग्धेन ततो वस्त्रपरिप्लुतम् ।।३५।।
विधिना धूपिते पात्रे कृत्वा कर्पूरवासितम् । नृपयोग्यमिदं पानं भवेद्युक्त्या सुयोजितम् ।।३६।।

34-36. Tintiḍi Pānakam:

Ingredients: Pulp of tamarind, raw sugar, powder of *dhānyaka* seeds, pieces of ginger, cinamom bark, smaller cardamom, cassia leaves, *nāgakeśara*, water, milk and camphor.

Process of Drug-Making: Take the pulp of tamarind in 60 gm., the raw sugar in 240 gm., 23 gm. each of the powder of *dhānyaka* seeds and pieces of ginger along with 12 gram each of cinamom bark, smaller cardamom, cassia leaves, and *nāgakeśara*. Pour the mixture of these materials into water measuring 1200 ml. Add to the preparation a little amount of milk. Strain the drug through cloth and preserve the same in a fomented earthen pot. Treat the drug with camphor and close the pot.

Therapeutic benefits: This is a great drink to treat anorexia.

रसाला–

अर्द्धाढकं सुचिरपर्युषितस्य दध्नःखण्डस्य षोडशपलानि शशिप्रभस्य ।
सर्पिष्पलं मधुपलं मरिचं द्विकर्षं शुण्ठ्याः पलार्द्धमपि चार्द्धपलं चतुर्णाम् ।।३७।।
शुक्लोपले ललनया मृदुपाणिघृष्टा कर्पूरचूर्णसुरभीकृतभाण्डसंस्था ।
एषा वृकोदरकृता सुरसा रसाला या स्वादिता भगवता मधुसूदनेन ।।३८।।
रसाला बृंहणी वृष्या स्निग्धा बल्या रुचिप्रदा ।।३९।।

37-39. Rasāla:

Ingredients: Citrus curd, sugar, cow-*ghṛitam*, honey, black pepper, dried ginger, cinnamon bark, smaller cardamom, cassia leaves and *nāgakeśara*.

Process of Drug-Making: Obtain the following: citrus curd measuring 1500 ml., sugar measuring 750 ml., 46 ml. each of the cow-*ghṛitam* and honey, 23 gm. each of the black pepper and dried ginger, and 23 gm. measure each of the cinnamon bark, smaller cardamom, cassia leaves and *nāgakeśara*. Preserve the preparation in a fomented earthen pot scented with the treatment of camphor or the like items.

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Therapeutic benefits: This prescription was prepared by the great Pāṇḍava Bhīm for God Kṛiṣṇa. This *Rasāla* is an aphrodisiac. It is very tasteful and delicious.

रसकेशरी–

रसगन्धौ समौ शुद्धौ दन्तीक्वाथेन मर्दयेत् । देवपुष्पं बाणमितं रसपादं तथाऽमृतम् ।।४०।।
माषमात्रञ्च तत्सेव्यं नागरेण गुडेन वा । सर्वारोचकशूलार्त्तिमामवातं विनाशयेत् ।।४१।।
विसूचीमग्निमान्द्यञ्च भक्तद्वेषं सुदारुणम् । रसो निवारयत्येष केशरी करिणं यथा ।।४२।।

40-42. Rasa Keśarī:

Ingredients: Purified mercury, sulphur, root of *dantī*, powder of clove and *vatsanābha*.

Process of Drug-Making: Take 12 gm. measure each of the purified mercury and sulphur and prepare *kajjalī* out of it. Process the *kajjalī* through a hand mortar mixing into it the decoction of the root of *dantī* for three hours. Add 60 gm. of the powder of clove and 6 gm. of the *vatsanābha* to the preparation. Prepare pills weighing 250 mg. each from the preparation and dry them.

Method of use/Administration: Take two of the pills daily along with powder of ginger or raw sugar.

Therapeutic benefits: This medicine named *Rasakeśarī* is capable to check *śūla*, *āmavāta*, *viṣūcīkā*, loss of digestive power and severe cases of anorexia as well. The medicine is as effective as a lion is capable to control an elephant.

सुधानिधिरसः (र. सा. सं.)–

रसगन्धौ समौ शुद्धौ दन्तीक्वाथेन भावयेत् । जम्बीरस्वरसेनैव आर्द्रकस्य रसेन च ।।४३।।
मातुलुङ्गस्य तोयेन तस्य मज्जरसेन च । पश्चाद्विशोष्य सर्वांशं टङ्कणं चावतारयेत् ।।४४।।
देवपुष्पं बाणमितं रसपादं तथाऽमृतम् । माषमात्रं च तत्सेव्यं नागरेण गुडेन वा ।।४५।।
सर्वारोचकशूलार्त्तिमामवातं सुदारुणम् । विसूचीं चाग्निमान्द्यं च भक्तद्वेषं च दारुणम् ।।
रसोऽयं वारयत्याशु केसरी करिणं यथा ।।४६।।

43-46. Sudhānidhi Rasa:

Ingredients: Purified mercury, purified sulphur, decoction of *dantī*, *jambīra* lemon, ginger, *jambīra*lemon, borax, clove and aconite.

Process of Drug-Making: Take one part each of the purified mercury and purified sulphur and prepare *kajjalī* out of them. Treat the *kajjalī* separately with the decoction of *dantī*, *jambīra* lemon, ginger, and *jambīra*lemon using *bhāvanā*

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method. Add to this preparation the borax in two parts, clove in five parts, and one-forth part of the aconite. Basing the compound in water grind it together and prepare small pills of the size of peas.

Method of use/Administration: Take one pill daily along with ginger powder or old jaggery.

Therapeutic benefits: This medicine is very effective in checking such ailments as the anorexia, *śūla*, severe *āmavāta*, *viṣūcīkā*, loss of digestive power, and the like. The medicine is as effective as a lion is capable to control an elephant.

(*Rasendra Sār Sangraha*)

सुलोचनाभ्रम् (र. सा. सं.)–

पलं सुजीर्णं गगनं तु वज्रकं तेजोवतीकोलमुशीरदाडिमम् ।
धात्र्यम्लरोलारुचकं पृथग्दशपलोन्मितं मदितमेव सेवितम् ।।४७।।
अरोचकं वातकफत्रिदोषजं पित्तोद्भवं गन्धसमुद्भवं नृणाम् ।
कासं स्वराघातमुरोग्रहं रुजं श्वासं बलासं च यकृद्भगन्दरम् ।।४८।।
प्लीहाग्निमान्द्यं श्वयथुं समीरणं मेहं कृशं कुष्ठमसृग्दरं कृमिम् ।
शूलाम्लपित्तक्षयरोगमुद्धतं सरक्तपित्तं वमिदाहमश्मरीम् ।।४९।।
निहन्ति चार्शांसि सुलोचनाभ्रकं बलप्रदं वृष्यतमं रसायनम् ।।५०।।

47- 50. Sulocanābhram:

Ingredients: *Bhasma* of *vajrābhra*, *cavya*, stone of the seeds of jujube fruit, *uśīra*, pomegranate seeds, *āmalakī*, juice of the *cāngerī* plant and *jambīra* lemon.

Process of Drug-Making: Take 46 gm. measure of the *bhasma* of *vajrābhra* and 466 gm. or 466 ml. each of *cavya*, stone of the seeds of jujube fruit, *uśīra*, pomegranate seeds, *āmalakī*, juice of the *cāngerī* plant and *jambīra* lemon. Compound their mix thoroughly.

Therapeutic benefits: Taking this medicine in right doses (250 mg.) cures one from different diseases including anorexia caused by disordered *vāta*, *pitta* or *kapha*, bronchitis, hoarseness of voice, breathing troubles, *kāsa* (coughs), *bhagandara*, enlargement of spleen, odema, *prameha* (i.e. urinary disorders including diabetes), leanness of the body, vomitting and piles and the like. This *Sulocanābhra* is a great *rasāyaṇa*, aphrodisiac and invigourator.

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अरोचके पथ्यानि–

गोधूममुद्गारुणशालिषष्टिका मांसं वराहाजशशैणसंभवम् ।
चेङ्गो झषाण्डं मधुरालिकेल्लिशः प्रोष्ठी खलीशः कवयी च रोहितः ।।५१।।
कर्कारुवेत्राग्रनवीनमूलकंवार्ताकुशोभाञ्जनमोचदाडिमम् ।
भव्यं पटोलं रुचकं घृतं पयोबालानि तालानि रसोनशूरणम् ।।५२।।
द्राक्षा रसालं नलदम्बु काञ्जिकंमद्यं रसाला दधि तक्रमार्द्रकम् ।
कक्कोलखर्जूरपियालतिन्दुकंपक्वं कपित्थं बदरं विकङ्कतम् ।।५३।।
तालास्थिमज्जा हिमबालुका सिता पथ्या यवानी मरिचानि रामठम् ।
स्वाद्वम्लतिक्तानि च देहमार्जनावर्गोऽयमुक्तोऽरुचिरोगिणे हितः ।।५४।।

51-54. Useful items and meal in cases of Arocaka:

Wheat, *mudga* (phascoius beans), red variety of rice, meet of goat, deer, hare, *cenga* and other kinds of fishes, melon, shoots of cane, radish, brinjal, *śobhāñjana* (drum sticks), banana, pomegranate, *paṭola* (kind of small cucumber), black salt, *ghṛitam*, milk, date fruits, garlic pearls, mango, buttermilk, curd, jujube, raisin, fruit rind of *haraḍa*, *āmalakī*, caraway seeds, black pepper and asafoetida, etc.

अपथ्यानि–

कासोद्गारक्षुधानेत्रवारिवेगविधारणम् । अहृद्यान्नमसृङ्मोक्षं क्रोधं लोभं भयं शुचम् ।।५५।।
दुर्गन्धारूपसेवाश्च न कुर्यादरुचौ नरः ।।५६।।

55-56. Items and activities that are prohibited in the condition of Arocaka.

Suppression of hunger, eructation and tears, anger, fright, shock, over indulgence in food, consumption of uncherished food and staring at foul elements are prohibited in the condition of *arocaka*.

इति भैषज्यरत्नावल्यामरोचकचिकित्साप्रकरणम् ।।१८।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायामरोचकचिकित्साप्रकरणम् ।।१८।।

End of the Chapter 18 of Bhaiṣajya Ratnāvalī with Commentary

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अथ छर्दिरोगचिकित्सा प्रकरणम् १९

Chapter 19
Chhardi

तत्र लङ्घनस्य प्राशस्त्यम्–

आमाशयोत्क्लेशभवा हि सर्वाश्छर्द्योमता लङ्घनमेव तस्मात् ।
प्राक् कारयेन्मारुतजां विमुच्य संशोधनं वा कफपित्तहारि ।।१।।

1. Since all the different types of vomitting are caused by the affliction of *āmaśaya* (stomach including small intestines), it is necessary in the first instance, to administer *langhaṇa* (fasting) therapy to the patient. There is, however, an exception to it inasmuch as the patient suffering from *vātika* type of vomitting should not be kept on *langhaṇa* (fasting). Patient suffering from vomitting may also be given *samśodhana* (elimination) therapies for the elimination of *kapha* and *pitta*.

(Cakradatt)

क्षीरघृतप्रयोगौ वातजच्छर्द्याम् (च. द.)–

हन्यात् क्षीरोदकं पीतं छर्दिं पवनसंभवाम् । ससैन्धवं पिबेत् सर्पिर्वातच्छर्दिनिवारणम् ।।२।।

2. By taking milk and water in equal parts or by consuming rock salt and *ghṛitam*, the *vāta* type of *chardi* is cured.

(Cakradatt)

यूषो यवागूश्च वातजच्छर्द्याम् (च. द.)–

मुद्गामलकयूषं वा ससर्पिष्कं ससैन्धवम् । यवागूं मधुमिश्रां वा पञ्चमूलीकृतां पिबेत् ।।३।।

3. For the alleviation of *vātika* type of vomiting, the patient should be administered the following recipes: (1) The patient should be given milk mixed with *ghṛitam* to drink. (2) The patient should drink *ghṛitam* mixed with rock-salt. (3) The patient should drink soup of *mudga* and *āmalakī*, mixed with *ghṛitam* and rock-salt. (4) *Yavāgū* (thick gruel) prepared by boiling with the decoction of *pañcamūla* should be given to the patient by adding honeyto it.

(Cakradatt)

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विरेचनादिव्यवस्था पित्तजच्छर्द्याम् (च. द.)–

पित्तात्मिकायां त्वनुलोमनार्थंद्राक्षाविदारीक्षुरसैस्त्रिवृत् स्यात् ।
कफाशयस्थं त्वतिमात्रवृद्धंपित्तं जयेत् स्वादुभिरूर्ध्वमेव ।।४।।

4. In cases of *pitta* related *chardi* the juices of raisin, *vidārīkanda* and sugarcane treated with powder of the roots of *niśotha* for carminative purposes (*anulomana*), the increased *pitta* in the upper portion of *āmāśaya* (stomach and small intestines) should be removed out through making the patient vomit by consumption of tasteful sweet items like juice of grapes.

(Cakradatt)

विरेकाननन्तरं क्रियाक्रमः पित्तजच्छर्द्याम् (च. द.)–

शुद्धस्य काले मधुशर्कराभ्यांलाजैश्च मन्थं यदि वाऽपि पेयाम् ।
प्रदापयेन्मुद्गरसेन वाऽपि शाल्योदनं जाङ्गलजै रसैर्वा ।।५।।

5. After the body is cleansed of the aggravated *doṣas*, in the appropriate time, the patient should be given to drink *peya* (thin gruel without containg any grains in it) or *mantha* (thick gruel) prepared of *lājā* (pop of paddy) along with honey and sugar. Optionally, he can take boiled rice along with soup of the wild animals' meat.

(Cakradatt)

चन्दनप्रयोगश्छर्द्याम्–

चन्दनेनाक्षमात्रेण संयोज्यामलकीरसम् । पिबेन्माक्षिकसंयुक्तं छर्दिस्तेन निवर्त्तते ।।६।।

6. Take 12 gm. of white sandalwood powder, 48 gm. worth juice of *āmalakī* and 24 gm. of honey. Mix all of them and lick the preparation. Administration of this recipe cures vomiting.

(Cakradatt)

चन्दनादिकल्कः (च. द.)–

चन्दनं चामृणालञ्च बालकं नागरं वृषम् । सतण्डुलोदकक्षौद्रः पीतः कल्को वमिं जयेत् ।।७।।

7. Candanādi Kalka:

Ingredients: White sandalwoods, *uśīra*, *sugandhabālā*, dried ginger, bark and leaves of *vāsaka*.

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Process of Drug-Making: This is a *kalka* based formula involving all the ingredients in equal parts (i.e. 2 gm. each).

Method of use/ Administration and Therapeutic benefits: To control the speedy vomiting, take this *kalka* with honey (23 gm.) and rice-washing (*taṇḍulodaka*) (50 ml.).

(Cakradatt)

पर्पटक्वाथः–

क्वाथः पर्पटजः पीतः सक्षौद्रश्छर्दिनाशनः ।।८।।

8. Parpaṭa Kvātha:

Ingredients: Yellow *parpaṭa* and water.

Process of Drug-Making: Decoct 24 gm. measure of yellow *parpaṭa* in 384 ml. measure of water till the original quantity is reduced to one forth.

Method of use/ Administration and Therapeutic benefits: Take 25 ml. doses along with honey measuring 10 gm. Administration of this recipe cures vomiting.

(Cakradatt)

हरीतकीचूर्णम्–

हरीतकीनां चूर्णन्तु लिह्यान्माक्षिकसंयुतम् । अधोभागे कृते दोषे क्षिप्रं वान्तिर्निवर्त्तते ।।९।।

9. Harītakī Cūrṇam:

Cases of vomitting caused by the aggravation of *doṣas* in the lower part of the abdomen, could be cured by the intake of the powder of *harītakī* (6 gm.) mixed with honey in the form of confection.

(Cakradatt)

भृष्टमुद्गकषायः–

कषायो भृष्टमुद्गस्य सलाजमधुशर्करः । छर्द्यतीसारतृड्दाहज्वरघ्नः सम्प्रकाशितः ।।१०।।

10. Bhṛaṣṭa Mudga Kāṣāya:

The cooked pulse of fried *mudga* beans, the pop of paddy, honey and jaggery should be taken to check *chardi* and diarrhoea, thirst, burning sensation and fever, etc.

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जात्यादिलेहः–

जात्यारसःकपित्थस्यपिप्पलीमरिचान्वितः । क्षौद्रेण युक्तः शमयेल्लेहोऽयं छर्दिमुल्बणाम् ।।११।।

11. Jātyādi Leha:

Ingredients: Juices of *āmalakī*, unripe fruit of catechu wood, powders of black pepper, pepper and honey.

Process of Drug-Making: Mix the juices of *āmalakī* (6 ml.) and the unripe fruit of catechu wood measuring 6 ml. Add powders of black pepper and pepper 500 mg. each and honey measuring 12 gm. to the juices.

Therapeutic benefits: This preparation should be consumed to get cure from cases of severe *chardi*.

वमनं कफजच्छर्द्याम् (च. द.)–

कफात्मिकायां वमनं प्रशस्तं सपिप्पलीसर्षपनिम्बतोयैः ।
पिण्डीतकैः सैन्धवसंप्रयुक्तैश्छर्द्यां कफामाशयशोधनार्थम् ।।१२।।

12. To treat *kaphaja* type of vomiting, take 6 gm. each of *pippalī*, mustard seeds and *nimba* bark. Pour them into water sixteen times greater in measure and boil the same till the original amount is reduced to a one forth. This decocted syrup should be taken with the powder of *piṇḍītaka* (*mainaphala*) measuring 6 gm. and rock-salt also measuring 6 gm. By drinking this syrup the disordered *kapha* is removed out through vomiting.

विडङ्गादि चूर्णद्वयं कफजच्छर्दिघ्नम् (च. द.)–

विडङ्गत्रिफलाविश्वचूर्णं मधुयुतं जयेत् । विडङ्गप्लवशुण्ठीनामथवा श्लेष्मजां वमिम् ।।१३।।

13. For the cure of *kaphaja* type of vomiting, the following two recipes should be prescribed: (1) Combine the equal parts of *viḍanga*, *triphalā* and dried ginger mixed with honey; and (2) the powder of *viḍanga*, *plava*, and *śunṭhī* in equal parts along with honey.

(Cakradatt)

जाम्बवादि योगत्रयं कफजच्छर्दिहरम् (च. द.)–

सजाम्बवं वा बदरस्य चूर्णं मुस्तायुतां कर्कटकस्य शृङ्गीम् ।
दुरालभां वा मधुसंप्रयुक्तां लिह्यात्कफच्छर्दिविनाशनार्थम् ।।१४।।

14. For the cure of *kaphaja* type of vomiting, the following recipes are useful: (1) The powder of *badara* (its kernel or pulp of its kernel) along with *jambū*,

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mixed with honey. (2) Powder of the *karkaṭaśṛīngī* and *mustā* mixed with honey. (3) The powder of *durālabhā* mixed with honey.

(Cakradatt)

तर्पणप्रयोगस्त्रिदोषजच्छर्द्याम्–

तर्पणं वा मधुयुतं तिसृणामपि भेषजम् ।।१५।।

15. To alleviate one from *chardi* caused by any of the three *doṣas*, taking of the *saktu* (fine powder) of barley with honey is also prescribed.

(Cakradatt)

गुडूचीशीतकषायः (च. द.)–

कृतं गुडूच्या विधिवत् कषायं हिमसंज्ञितम् । तिसृष्वपि भवेत्पथ्यं माक्षिकेण समायुतम् ।।१६।।

16. Guḍūcī Śīta Kāṣāya:

Taking the *hima* of *guḍūcī* with honey is another remedy of *chardi* caused by any of the three *doṣas*.

(Cakradatt)

श्रीफलगुडूचीमूर्वाणां कषायाः (च. द.)–

श्रीफलस्य गुडूच्या वा कषायो मधुसंयुतः । पेयश्छर्दित्रये शीतो मूर्वा वा तण्डुलाम्बुना ।।१७।।

17. The root-barks of the *bilva* (*śṛīphalā*) tree, the cooled decoction of *guḍūcī*, or the powder of *mūrvā* along with washing of rice, any one of these three prescriptions can be used by one suffering from *chardi*.

(Cakradatt)

धात्रीपानकम् (च. द.)–

पिष्ट्वा धात्रीफलं द्राक्षां शर्करां च पलोन्मिताम् । दत्त्वा मधुपलं चात्र कुडवं सलिलस्य च ।।
वाससा गालितं पीतं हन्तिच्छर्दिं त्रिदोषजाम् ।।१८।।

18. Dhātrī Pānakam:

Ingredients: Fruit of *dhātrī*, *drākṣā*, sugar, honey and water.

Process of Drug-Making: 46 gm. each of the fruit of *dhātrī*, *drākṣā* and sugar should be made to a *kalka*. To these, 46 gm. of honey and 190 ml. of water should be added and strained through a cloth.

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Therapeutic benefits: Intake of this cures vomitting caused by the simultaneous aggravation of all the three *doṣas*.

(Cakradatt)

लाजादिकं योगत्रयम्–

लाजाकपित्थमधुमागधिकोषणानांक्षौद्राभयात्रिकटुधान्यकजीरकाणाम् ।
पथ्याऽमृतामरिचमाक्षिकपिप्पलीनां–लेहास्त्रयः सकलवम्यरुचिप्रशान्त्यै ।।१९।।

19. Obtain the poppy of paddy, dried pulp of *kapittha* fruit, pepper and black pepper. Powder them taking their equal parts. Mix them and take with a little amount of honey. Secondly, take equal parts of *harītakī*, dried ginger, pepper, black pepper, coriander seeds and cumin seeds. Powder them in a grinder. Take it in doses of 1 gm. with honey. Thirdly, obtain in equal parts the powders of *harītakī*, extract of *guḍūcī*, black pepper and pepper. Take their mix in doses of 1-2 gm. along with honey. All the above three formulas are capable to cure the cases of the all kind of *chardi*.

(Cakradatt)

अश्वत्थक्षारजलम्–

अश्वत्थवल्कलं शुष्कं दग्ध्वा निर्वापितं जले । तज्जलं पानमात्रेण छर्दिमाशु व्यपोहति ।।२०।।

20. Aśvattha Kṣārajalam:

Burn the dried bark of the *aśvattha* (*pīppal*) tree to ashes and sink them into water. Drinking this water after filtering it through a piece of cloth checks the cases of *chardi* immediately. Dried bark of *aśvattha* should be burnt and immersed in water. Intake of this water instantaneously cures even serious type of vomiting.

(Cakradatt)

एलादिचूर्णम्–

एलालवङ्गगजकेशरकोलमज्जलाजप्रियङ्गुधनचन्दनपिप्पलीनाम् ।
चूर्णानि माक्षिकसितासहितानि लीढ्वाछर्दिं निहन्ति कफमारुतपित्तजाञ्च ।।२१।।

21.Elādi Cūrṇam:

Ingredients: Bigger cardamom, clove, *nāgakeśara*, inner pulp of the seeds of berry, poppy of paddy, *priyangu*, *mustaka*, white sandalwood and pepper.

Process of Drug-Making: This is a powder-based formula involving all the ingredients in equal parts. Grind and mix in a hand mortar 12 gm. measures each

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of the bigger cardamom, clove, *nāgakeśara*, inner pulp of the seeds of berry, poppy of paddy, *priyangu*, *mustaka*, white sandalwood and pepper.

Method of use/ Administration and Therapeutic benefits: Take 2 gm. measure of the powder thus obtained and consume it with honey and sugar daily to control *chardi* that is caused by *vāta*, *pitta* and *kapha*.

(Cakradatt)

रुधिरच्छर्दिहरो योगः (च. द.)–

यष्ट्याह्वं चन्दनोपेतं सम्यक् क्षीरप्रपेषितम् । तेनैवालोड्य पातव्यं रुधिरच्छर्दिनाशनम् ।।२२।।

22. Obtain 1 gm. measure of the powders of the red sandalwood and *yaṣṭi* and prepare their *kalka* in the base of milk. Dissolve the *kalka* again in the milk along with sugar and drink it to get cure from the disease of blood vomiting.

(Cakradatt)

रसेन्द्रयोगः–

अजाजीधान्यकृष्णाभिःसक्षौद्राभिःकटुत्रिकैः । एभिःसार्द्धंभस्मसूतःसेव्यो वान्तिप्रशान्तये ।।२३।।

23. Rasendra Yoga:

Ingredients: Powders of black cumin seeds, coriander seeds, black pepper, dried ginger, pepper and *bhasma* of mercury or the *rasa sindūra*.

Process of Drug-Making: Obtain 12 gm. measure each of the powders of black cumin seeds, coriander seeds, black pepper, dried ginger, pepper, *bhasma* of mercury or the *rasa sindūra*. Prepare a fine powder of the *rasa sindūra* and mix into it the rest of the powders.

Method of use/Administration: In disposition of vomiting, consume 375 mg. measure of this mix with honey.

Therapeutic benefits: This prescription effectively cures vomiting.

(Cakradatt)

वृषध्वजरसः–

शुद्धं रसं गन्धकञ्च लौहमेव समांशिकम् । मधुकं चन्दनं धात्री सूक्ष्मैला सलवङ्गकम् ।।२४।।
टङ्कणं पिप्पली मांसी तुल्यं पारदसम्मितम् । विदारीक्षुरसाभ्याञ्च भावयेद्दिनसप्तकम् ।।२५।।
संशोष्य मर्दयेद्यामं छागीदुग्धेन यत्नतः । द्विगुञ्जं भक्षयेन्नित्यं विदारीरससंयुतम् ।।२६।।

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वातात्मिकां पित्तयुतां छर्दिं हन्ति सशोणिताम् । वृषध्वजरसो नाम वृषध्वजेन निर्मितः ।।२७।।

24-27. Vṛiṣadhavaja Rasa:

Ingredients: Purified mercury, purified sulphur, *lauhabhasma*, *madhuka*, white sandalwood, *āmalakī*, smaller cardamom, clove, purified borax, pepper, *jaṭāmānsī*, juice of sugarcane, bulb of *vidārī* and milk of goat.

Process of Drug-Making: Obtain purified mercury, sulphur, iron *bhasma*, *madhuka*, white sandalwood, *āmalakī*, smaller cardamom, clove, purified borax, pepper, and *jaṭāmānsī*, each worth 12 gm. in measurement. First, prepare *kajjalī* out of mercury and sulphur and mix into it the powders of the rest. Triturate the mix thoroughly. Using the juice of sugarcane and bulb of *vidārī* as base, process this mixture in the manner of *bhāvanā* saturation for seven days each (i.e. seven days using the juice of sugarcane and seven days with the juice of the other). Triturate the mixture thoroughly for two days after each of the *bhāvanā* process. Finally dry the mix and add to it milk of goat and triturating them for three hours prepare small pills of the drug weighing 250 mg. each.

Method of use/Administration: Take one or two pills everyday with the juice of *vidārīkanda* and honey.

Therapeutic benefits: This *Vṛiṣadhvaja* pills destroys all kinds of vomitting including those consisting of *pitta*, blood and deranged *vāta*. The God *Vṛiṣadhvaja* that is God Śiva has prescribed this medicine.

पद्मकाद्यं घृतम् (च. द.)–

पद्मकामृतनिम्बानां धान्यचन्दनयोः पचेत् । कल्के क्वाथे च हविषः प्रस्थं छर्दिनिवारणम् ।।
तृष्णाऽरुचिप्रशमनं दाहज्वरहरं परम् ।।२८।।

28. Padmakādyam Ghṛitam:

Ingredients: *Padmaka*, *amṛitā*, *nimba*, coriander seeds, red sandalwood and *mūrcchita ghṛitam*.

Process of Drug-Making: Take 36 gm. and a quarter measure each of the *padmaka*, *amṛitā*, *nimba*, coriander seeds and red sandalwood. Prepare a *kalka* of them based in water. Now again take the above herbs in equal parts and raise a combined weight of two *prasthas* (1500 gm.) thus. Pour them into water eight times greater in amount and cook the preparation till the original quantity is reduced to one-fourth. Now take the above water-based *kalka* and 768 ml. of *mūrcchita ghṛitam* and mix all of them into the decoction. Subsequently, cook the

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preparation on a slow heat. When boiled properly store the medicated *ghṛitam* in a glass jar.

Therapeutic benefits: Intake of this medicated *ghṛitam* cures vomiting, thirst and anorexia. It is an excellent recipe for the cure of fever associated with burning sensation.

(Cakradatt)

छर्दिरोगे पथ्यानि–

विरेचनच्छर्दनलङ्घनानि स्नानं मृजा लाजकृतश्च मण्डः ।
पुरातनाः षष्टिकशालिमुद्गकलायगोधूमयवा मधूनि ।।२९।।
शशाहिभुक्तित्तिरिलावकाद्या मृगद्विजा जाङ्गलसंज्ञिताश्च ।
मनोज्ञनानारसगन्धरूपा रसाश्च यूषा अपि षाडवाश्च ।।३०।।
हरीतकीदाडिमबीजपूरं जातीफलं बालकनिम्बवासाः ।
सिताशताह्वाकरिकेशराणि भक्ष्या मनःप्रीतिकराहिताश्च ।।३१।।
रागाः खडाः कांबलिकाः सुराचवेताग्रकुस्तुंबुरुनारिकेलम् ।
जम्बीरधात्री सहकारकोलद्राक्षाकपित्थानि पचेलिमानि ।।३२।।
भुक्तस्यवक्त्रेशिशिराम्बुसेकः कस्तूरिकाचंदनमिंदुपादाः ।
मनोज्ञगन्धान्यनुलेपनानि पुष्पाणि पत्राणि फलानि चापि ।।३३।।
रूपाणिशब्दाश्चरसाश्चगंधाःस्पर्शाश्चयेयस्यमनोऽनुकूलाः ।
दाहश्च नाभेस्त्रियवोपरिष्टादिदं हि पथ्यं वमनातुरेषु ।।३४।।

29-34. The *pathya* in the case of vomitting includes *harītakī* (chebulic *haraḍa*), pomegranate, lemon, *jātīphala* (nutmeg), *netrabālā*, fresh leaves of *neem*, *vāsaka* leaves, jaggery, *śatā*, *nāgakeśara*, *rāgā*, *khaḍā*, *kambalikā*, wine, *vetāgra*, coriander, coconut, *āmalakī*, mango, grapes, berry and ripe catechu, etc. The patient should also sprinkle cold water on his face; he should ointment his body with *kalka* of *kastūrī* and sandalwood, powder of flowers and other scented materials. Moving around in moonlight is also helpful for the patient of *chardi*. Administration of the *dāhakarma* (cauterization) slightly over the naval is also helpful in such cases. The non-veg items useful in the case include the flash of rabit, peacock, partridge, wood-cutter and the like.

अपथ्यम्–

नस्यं वस्तिं स्वेदनं स्नेहपानं रक्तस्रावं दन्तकाष्ठं द्रवान्नम् ।
बीभत्सेक्षां भीतिमुद्वेगमुष्णं स्निग्धासात्म्याहृद्यवैरोधिकान्नम् ।।३५।।
शिम्बीबिम्बीकोषवत्यो मधूकंचित्रामेलां सर्षपान् देवदालीम् ।

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व्यायामञ्चच्छत्रिकामञ्जनञ्चच्छर्द्यां सत्यां वर्जयेदप्रमत्तः ।।३६।।

35-36. The avoidable (*Apathyas*) in case of *chardi*: One should avoid in indisposition of *chardi*, the following: *nasya* (medication through nose), *basti* (enema therapy), *sveda* (sweating), blood-letting, brushing tooth through twigs, liquid meals, beholding disgusting scenes, fear, emotional intensity. And warm, very oily, incompatible, displeasing food items, *śimbi*, *bimbi*, bitter gourd, flowers of the *madhuka* tree and like vegetables, roots of *citraka* herb, smaller cardamom, mustard and *devadāli*, etc. are to be avoided in the indisposition. Exercising, holding an umbrella and applying *añjana*, these are also harmful to the patients.

इति भैषज्यरत्नावल्यां छर्दिरोगचिकित्साप्रकरणम् ।।१९।।

इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां छर्दिरोगचिकित्साप्रकरणम् ।।१९।।

End of the Chapter 19 of Bhaiṣajya Ratnāvalī with Commentary

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अथ तृष्णारोगचिकित्साप्रकरणम् २०

Chapter 20
Tṛiṣṇā (Morbid Thirst)

तत्रादौ वातजतृष्णाक्रमः–

तृष्णायां पवनोत्थायां सगुडं दधि शस्यते । रसाश्च बृंहणाः शीता गुडूच्या रस एव वा ।।१।।

1. In the *tṛiṣṇā* (morbid thirst) caused due to the deranged *vāta*, curd mixed with jaggery is useful. The patient should be given meat soups that are nourishing and cooling. Intake of the juice of *guḍūcī* is also useful in this condition.

(Cakradatt)

पित्तजतृष्णाक्रमः–

पित्तजायान्तु तृष्णायां पक्वोदुम्बरजो रसः । तत्क्वाथो वा हिमस्तद्वच्छारिवादिगणाम्बु वा ।।२।।

2. In the *tṛiṣṇā* caused due to the deranged *pitta doṣa*, the expressed juice of the ripe *udumbara*, its decoction and *hima* is helpful. The decoction of the herbs of *śārivādi* group (*anantamūla*, *uśīra*, *kāśmarī* fruits or bark, flowers of the *madhuka* tree, both the white and red sandalwoods, *madhuka* fruits and *paruṣka* i. e. *paruṣka* fruit) is also very effective.

(Cakradatt)

काश्मर्यादिशीतकषायः (च. द.)–

काश्मर्यशर्करायुक्तं चन्दनोशीरपद्मकम् । द्राक्षामधुकसंयुक्तं पित्ततर्षे जलं पिबेत् ।।३।।

3. The *pitta*-generated *tṛiṣṇā* (excessive thirst) is removed by the sweet and cold decoction of the sandalwood, *uśīra*, *padmaka*, raisin, *madhuka* and the bark or fruits of *kāśmarī*. The decoction should be made by taking equal parts of the ingredients and raising their mix measuring 50 gm. First soak the compound in water measuring 400 ml. for an overnight period.

(Cakradatt)

लाजोदकम्–

लाजोदकं मधुयुतं शीतं गुडविमर्दितम् । काश्मर्यशर्करायुक्तं पिबेत्तृष्णार्दितो नरः ।।४।।

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4. *Lājodakam* (a liquid preparation of fried paddy): The *pitta*-generated *tṛiṣṇā* is cured also by drinking the cold decoction of the paddy-poppies added with the powder of *kāśmarī* fruit, jaggery, honey and raw sugar (i.e. *guḍa*). All the ingredients are taken in measurement of 25 gm. whereas water is taken in measure of 200 ml.

(Cakradatt)

बिल्वादिक्वाथो निम्बप्रसवरसश्च–

बिल्वाढकीधातकिपञ्चकोलदर्भेषु सिद्धं कफजां निहन्ति ।
हितं भवेच्छर्दनमेव चात्र तप्तेन निम्बप्रसवोदकेन ।।५।।

5. The cure of the *tṛiṣṇā* caused due to unbalanced *kapha* can be effected by the decoction of the root bark of *bilva* tree, the roots of *ādhaki* (pigeon peas), the flowers of *dhātakī*, and *pañcakola* (pepper, roots of pepper, *cavya*, *citraka*, dried ginger) (Each taken in equal parts to the combined measure of 50 gm. Soak them in hot water measuring 200 ml. After a little while strain the liquid and use it.). Optionally, one can treat such kind of *tṛiṣṇā* by taking in lukewarm condition the decoction of fresh leaves, flowers and bark of the *neem* tree and vomitting the same.

(Cakradatt)

क्षतजादितृषाक्रमः–

क्षतोत्थितां रुग्विनिवारणेन जयेद्रसानामसृजश्च पानैः ।
क्षयोत्थितां क्षीरजलं निहन्याद् मांसोदकं वाऽथमधूदकं वा ।
गुर्वन्नजामुल्लिखनैर्जयेत्तु क्षयादृते सर्वकृताश्च तृष्णाम् ।।६।।

6. In cases of the *kṣataja* type of morbid thirst, the physician should first of all cure the pain of the patient, and thereafter, give him liquid drinks including the juice of meats and blood of freshly killed *aiṇa* (an animal). Such a patient can also be given milk treated with water or meat soup (*māmsodaka*) or honey mixed along with water to drink. In morbid thirst caused by intake of heavy food, the patient should be given emetic therapy. *Vamana* (emetic) therapy is also useful in all types of morbid thirst caused by simultaneous vitiation of all the three *doṣas*. This, however, is not applicable to the case of *kṣataja* type of morbid thirst.

(Cakradatt)

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तृष्णाहरं पयश्छागमांसञ्च–

अतिरूक्षदुर्बलानांतर्षंशमयेन्नृणामिहाशु पयः । छागो वा घृतभृष्टः शीतो मधुरो रसो हृद्यः ।।७।।

7. The nature-warm or lukewarm milk cures the persons weak in constitution, from the excessive thirst. One should take the *ghṛitam*-fried pieces of mutton treated with spices and water. This meat-juice taken with the herbs of *jīvanīya* group cures all kind of *tṛiṣṇā* diseases.

(Cakradatt)

गोस्तनादिनस्ययोगः–

गोस्तनेक्षुरसक्षीरयष्टीमधुमधूत्पलैः । नियतं नस्यतः पानैस्तृष्णा शाम्यति दारुणा ।।८।।

8. Take the expressed juice of raisin, sugarcane, powder of *yaṣṭimadhu*, honey, flowers of *madhuka* and *nīlakamala* (blue lotus) crushed separately and mixed together. Drink this liquid through nose to cure the severe cases morbid thirst.

(Cakradatt)

तालुशोषचिकित्सा–

क्षीरेक्षुरसमाध्वीकक्षौद्रसीधुगुडोदकैः । वृक्षाम्लाम्लैश्च गण्डूषास्तालुशोषनिवारणाः ।।९।।

9. Gargles: Milk, expressed juice of sugarcane, *mādhvīka* (liquor prepared through fruits and flowers of *madhuka*), honey, *āsava* of the sweet herbs, the syrup of un-clarified sugar (*guḍa*), the expressed juice of *amlavetra* and *kānji*, gargling with any one of these cures dryness of the palate which at times is responsible for the causation of morbid thirst.

(Cakradatt)

आम्रादिकषायः–

आम्रजम्बूकषायं वा पिबेन्माक्षिकसंयुतम् । छर्दिं सर्वां प्रणुदति तृष्णाञ्चैवापकर्षति ।।१०।।

10.Āmrādi Kāṣāya:

Ingredients: Juice of the mango-leaves or *jambū*-leaves or their decoction.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts.

Method of use/Administration: One should drink the expressed juice of the mango-leaves or *jambū*-leaves or their decoction with honey.

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Therapeutic benefits: This *Āmrādi Kāṣāya* cures all kinds of the *chardi* and *tṛiṣṇā*.

(Cakradatt)

वटशुङ्गादिचूर्णम्–

वटशुङ्गसितालोध्रदाडिमं मधुकं मधु । पिबेत्तण्डुलतोयेन छर्दितृष्णानिवारणम् ।।११।।

11. Vaṭaśungādi Cūrṇam:

Ingredients: Shoots of the *vaṭa* (banyan) tree, bark of the pomegranate, or its seeds, honey, powder of sugar, *lodhra* and *madhuka* fruits.

Process of Drug-Making: Obtain shoots of the *vaṭa* (banyan) tree, bark of the pomegranate, or its seeds, honey and powder of the sugar, *lodhra* and *madhuka* fruits all in equal parts. Grind each of them and mix them to preserve the preparation in a glass water.

Method of use/Administration: Take this medicine in doses of 3 gm. along with the rice-washing (*taṇḍulodaka*).

Therapeutic benefits: It effectively checks the diseases like vomitting and excessive thirst.

(Cakradatt)

कवलगण्डूषप्रयोगः–

केशरं मातुलुङ्गस्य सक्षौद्रं दाडिमीयुतम् । क्षणमात्रेण दुर्वारां तृष्णां कवलपो जयेत् ।।१२।।
दाहतृष्णाप्रशमनं मधुगण्डूषधारणम् ।।१३।।

12-13. Gather the pollen of the lemon plant and honey, both 12 gm. measure each along with 6 gm. measure of the powder of pomegranate seeds. Grind them together. Gargling through this liquid immediately cures the excessive thirst and burning sensation of the mouth.

(Vangasen)

गण्डूषकवलयोर्भेदः–

असञ्चार्यातुया मात्रा गण्डूषे सा प्रकीर्तिता । सुखं सञ्चार्यते या तु सा मात्रा कवले हिता ।।१४।।

14. The mouth-full amount of a liquid kept inside the mouth with no scope of gargling the same is called *Gaṇḍuṣa* while the amount of liquid lesser than that is called '*Kavala*'. The later could be gargled easily.

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वटशुङ्गादिगुटिका–

वटशुङ्गामयक्षौद्रलाजनीलोत्पलैर्दृढा । गुटिका वदनन्यस्ता क्षिप्रं तृष्णामुदस्यति ।।१५।।

15. Vaṭaśungādi Guṭikā:

Ingredients: Shoot of *vaṭa* (banyan) tree, sweet variety of the *kuṣṭha* herb, the poppy of paddy and the flowers of *nīlakamala* (blue lotus).

Process of Drug-Making: Obtain the shoot of *vaṭa* (banyan) three, sweet variety of the *kuṣṭha* herb, the poppy of paddy and the flowers of *nīlakamala* (blue lotus) each in pounded form and weighing 12 gm. each. Process the mix of these herbs into the hand mortar with honey. Dry it and prepare pills measuring 2 gm. each.

Method of use/ Administration and Therapeutic benefits: By sucking this pill one can cure the excessive thirst immediately.

(Cakradatt)

ओदनप्रयोगः–

ओदनं रक्तशालीनां शीतमाक्षिकसंयुतम् । भोजयेत्तेन शाम्येत छर्दिस्तृष्णा चिरोत्थिता ।।१६।।

16. Boiled rice of red variety of *śāli* should be added with honey when the former is cooled down to the atmospheric temprature. Intake of this recipe cures chronic vomitting and chronic morbid thirst.

(Cakradatt)

मधुदकप्रयोगः–

वारिशीतं मधुयुतमाकण्ठाद्वा पिपासितम् । पाययेद्वामयेच्चापि तेन तृष्णा प्रशाम्यति ।।१७।।

17. The patient suffering from excessive thirst should be made to drink cold water with honey up to the full neck level. He would vomit the liquid and his indisposition would be cured.

(Cakradatt)

शीतलजलप्रयोगो मूर्च्छादिषु–

मूर्च्छाच्छर्दितृषादाहस्त्रीमद्यभृशकर्षिताः । पिबेयुः शीतलं तोयं रक्तपित्ते मदात्यये ।।१८।।

18. A person should drink cold water if suffering from vomiting, fainting, excessive thirst, burning sensations in hands and feet, or if he has become week and vigourless due to excessive intercourses and alcoholic drinks. Cold water is

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useful in condition of *rakta pitta* (a condition characterized by bleeding from different parts of the body) and alcoholism.

(Cakradatt)

पूर्वामयातुरःसन् दीनस्तृष्णार्दितोजलंयाचन् । नचेत्तदाऽयं मरणं प्राप्नोति दीर्घरोगं वा ।।१९।।

19. A patient suffering from the above diseases (fainting, vomiting, etc.) and humbly begging for cold water is likely to succumb to death if denied of a glass of water, or he may catch some other deadly disease.

(Cakradatt)

तृषानिरोधे दोषाः–

तृषितो मोहमायाति मोहात्प्राणान् विमुञ्चति । तस्मात्सर्वास्ववस्थासु न क्वचिद्वारि वार्यते ।।२०।।

20. One gets fainted if he is feeling excessive thirst and is also not in a position to drink water. If the fainting rises to a dangerous level, the patient can even die. Therefore, one should not deny the taking of water in any circumstances. A little amount of water could be prescribed even in the case of *jalodara* (ascites) when drinking is generally prohibited.

(Cakradatt)

जलस्य महत्त्वम्–

अन्नेनापि विना जन्तुःप्राणान् धारयते चिरम् । तोयाभावे पिपासार्त्तः क्षणात्प्राणैर्विमुच्यते ।।२१।।

21. Without food a person can live for a long time; but without water, a thirsty person will succumb to death in a moment. One can survive for some days even when not eating something. But one cannot do so in case he does not consume water. He may die for want of it.

(*Bhāvaprakāśa*)

जलपानविधिः–

अत्यम्बुपानात्प्रभवन्ति रोगा निरम्बुपानाच्च स एव दोषः ।
तस्माद्बुधःप्राणविवर्द्धनार्थं मुहुर्मुहुर्वारि पिबेदभूरि ।।२२।।

22. If one takes water in big quantity he can catch the indisposition of *mandāgni* (dyspepsia). On the other hand if one is not drinking water he can suffer

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from constipation, etc. Therefore, a wise person should consume water in less quantity but frequently.

(*Bhāvaprakāśa*)

रसादिचूर्णम् (यो. र.)–

रसगन्धककर्पूरैः शैलोशीरमरीचकैः । ससितैः क्रमवृद्धैश्च सूक्ष्मं चूर्णमहर्मुखे ।।२३।।
त्रिगुञ्जाप्रमितं खादेत् पिबेत्पर्युषिताम्बु च । भृशं तृषं निहन्त्येवमश्विभ्यां संप्रकाशितम् ।।२४।।

23-24. Rasādi Cūrṇam:

Ingredients: Purified mercury, purified sulphur, camphor, *elā*, *uśīra*, *marica*, sugar and honey.

Process of Drug-Making: Obtain the purified mercury (one part), purified sulphur (two parts), camphor (three parts), *elā* (four parts), *uśīra* (five parts), *marica* (six parts) and sugar (seven parts) and pound them thoroughly. Triturate them along with the *kajjalī* of mercury and sulphur for six hours.

Method of use/Administration: Take 375 mg. measures of this preparation mixed with equal part of honey in the morning. Thereafter, the patient should be given cold water kept overnight.

Therapeutic benefits: This cures serious type of morbid thirst. This recipe has been propounded by the Aśvins, the celestial twin physician brothers.

(*Yoga Ratnākar*)

कुमुदेश्वरसः (र. सा. सं.)–

मृतताम्रस्य भागौ द्वौ भागैकं वङ्गभस्मकम् । यष्टीमधुरसैर्भाव्यं शुष्कं माषार्द्धकं शुभम् ।।२५।।
सेवयेच्चानुपानेन वक्ष्यमाणेन धीमता । चन्दनं शारिवा मुस्तं क्षुद्रैलानागकेशरम् ।।२६।।
सर्वतुल्यांतथा लाजां पचेत् षोडशिकैर्जलैः । अर्धशेषं हरेत् क्वाथं सिताक्षौद्रयुतन्तु तत् ।।२७।।
छर्दिं तृष्णां निहन्त्याशु रसोऽयं कुमुदेश्वरः ।।२८।।

25-28.Kumudeśavara Rasa:

Ingredients: Decoction of *yaṣṭimadhu*, *bhasmas* of copper and lead, sandalwood syrup, red sandalwood, *anantamūla*, *mustā*, smaller cardamom and *nāgakeśara*.

Process of Drug-Making: Treat with the decoction of *yaṣṭimadhu*, the *bhasmas* of copper (24 gm.) and lead (12 gm.) and processing them through a hand mortar dry them. Decoct rest of ingredients each measuring 12 gm. in water

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measuring 375 ml. Boil down the preparation till it is reduced to one half. Take 60 mg. of the *bhasma* preparation above along with the drink of sandalwood syrup or the like. Take in equal parts the red sandalwood, *anantamūla*, *mustā*, smaller cardamom, *nāgakeśara* so that their combined weight reaches 12 gm.. Mix them into poppy of paddy (*lājā*) measuring 12 gm. and pour the combination into water 32 times larger in weight. Decoct the mix down to their combined measurement of 192 ml.

Method of use/Administration: Drink this *Kumudeśavara Rasa* along with raw sugar and honey.

Therapeutic benefits: It checks *tṛiṣṇā* (excessive thirst).

(*Rasendra Sār Sangraha*)

महोदधिरसः (र. सा. सं.)–

ताम्रञ्चक्रिकया वङ्गं सूतं तालं सतुत्थकम् । वटाङ्कुररसैर्भाव्यं तृष्णाहद्वल्लमात्रतः ।।२९।।

29.Mahodadhi Rasa:

Ingredients: Fine powder of the copper *bhasma*, *vangabhasma*, *Rasa sindūra*, orpiment and *tutthaka* (blue vitriol) and decoction of the shoots of *vaṭa* (banyan) tree.

Process of Drug-Making: Prepare a fine powder of the copper *bhasma*, lead *bhasma*, *rasa sindūra*, orpiment and *tutthaka* (blue vitriol) each weighing 12 gm. by processing them through a hand mortar. Dry this mixture through *bhāvanā* manner applying the decoction of the shoots of *vaṭa* (banyan) tree. Preserve the medicine in a glass jar.

Method of use/Administration: Take the *Mahodadhi Rasa* along with butter and raw sugar.

Therapeutic benefits: It checks the *tṛiṣṇā* disease.

(*Rasendra Sār Sangraha*)

आम्रादिक्वाथः (र. सा. सं.)–

सक्षौद्रमाम्रजम्बृत्थंपिबेत्क्वाथंरसान्वितम् । सकृष्णमधुनाकुर्याद्गण्डूषाञ् शीतले स्थितः ।।३०।।

30. Āmrādi Kvātha:

The patient suffering from morbid thirst (*tṛiṣṇā*) should take 48 ml. measure of the decoction of the seeds (carnal) of mango and *jambū* along with 125 mg.

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measure of the *rasa sindūra*, or he may take the *rasa sindūra* with honey. After taking either of these drugs, one should stand in cool places (like the well, cave, etc.) and should gargle and spit honey mixed with the powder of unripe pepper.

(*Rasendra Sār Sangraha*)

तृष्णायां पथ्यानि–

शोधनं शमनं निद्रां स्नानं कवलधारणम् । जिह्वाऽधःशिरयोर्दाहो दीपदग्धहरिद्रया ।।३१।।
कोद्रवाः शालयः पेया विलेपी लाजसक्तवः । अन्नमण्डो धन्वरसाः शर्करा रागषाडवौ ।।३२।।
भृष्ठैर्मुद्गैर्मसुरैर्वा चणकैर्वा कृतो रसः । रम्भापुष्पं तक्रकूर्चं द्राक्षापर्पटपल्लवाः ।।३३।।
कपित्थं कोलमम्लीका कूष्माण्डकमुपोदिका । खर्जूरं दाडिमं धात्री कर्कटी नलदाम्बु च ।।३४।।
जम्बीरं करमर्दं च बीजपूरं गवां पयः । मधूकपुष्पं ह्रीबेरं तिक्तानि मधुराणि च ।।३५।।
बालतालाम्बु शीताम्बु पयःपेटी प्रपानकम् । माक्षिकं सरसीतोयं शताह्वा नागकेशरम् ।।३६।।
एला जातीफलं पथ्या कुस्तुम्बुरु चटङ्कणम् । घनसारो गन्धसारः कौमुदी शिशिरानिलः ।।३७।।
चन्दनार्द्रप्रियाश्लेषो रत्नाभरणधारणम् । हिमानुलेपनञ्च स्यात् पथ्यमेतत्तृषातुरे ।।३८।।

31-38. The *pathyas* prescribed in the case of *tṛiṣṇā* – purification of the body, *langhaṇa* (fasting), proper sleeping, bathing, gargle, cauterization of the portion of mouth under tongue with the hot fruit rhizome of turmeric, etc. are prescribed in the case of *tṛiṣṇā* (excessive thirst). The following foods and drinks are also helpful in the disease: *śāli* variety of rice, *peya*, *vilepī*, poppy of paddy, fine powder of roasted gram, the starch of rice, the meat-juice of the animals and birds from the *jāngala* country, raw sugar, jaggery, *ṣāḍava* (sweet parts and sweet pickles, etc.), roasted *mudga* beans, the soup of lentil and gram pulses, the banana-flowers, warm buttermilk, raisin, the leaves of *parpaṭa*, catechu, berry, tamarind pulp, the ash gourd, mint, date fruits, pomegranate, *āmalakī*, cucumber, the syrup of *uśīra*, the *jambīra* lemon, *karamarda*, lemon, cow-milk, flowers of the *madhuka* tree, *hṛibera*, strong and sweet juices, the fermented water of palm fruits, cold water, the coconut-water, honey, water of tanks, aniseeds, *nāgakeśara*, cardamom, nutmeg, *vibhītaka*, coriander seeds, etc. Besides these, the other prescribed measures are the application of the ointment prepared from the borax, camphor, sandalwood, etc. over head, chest and neck, sitting in the moonlight, walking, facing the cold wind, hugging the beloved one with ointment of sandalwood pasted over her body, putting on the diamond-decked jewelry and applying the *kalka* of sandalwood over body, and the like.

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तृष्णायामपथ्यानि–

स्नेहाञ्जनस्वेदनधूमपानव्यायामनस्यातपदन्तकाष्ठम् ।
गुर्वन्नमम्लं लवणं कषायंकटु स्त्रियं दुष्टजलानि तीक्ष्णम् ।
एतानि सर्वाणि हिताभिलाषी तृष्णातुरो नैव भजेत् कदाचित् ।।३९।।

39. The persons afflicted through *tṛiṣṇā* (excessive thirst) should avoid the citrus edibles, salty, bitter and astringent items, contaminated water, heavily digestible grains and the application of oil over body, smoking, sweating, exercising, the *añjana* process, warming up the stomach in sun, applying the tooth sticks, excessive intercourse, etc.

इति भैषज्यरत्नावल्यां तृष्णारोगचिकित्साप्रकरणम् ।।२०।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां तृष्णारोगचिकित्साप्रकरणम् ।।२०।।

End of the Chapter 20 of Bhaiṣajya Ratnāvalī with Commentary

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अथ मूर्च्छारोगचिकित्साप्रकरणम् २१

Chapter 21
Mūrcchā (Syncope)

तत्र सामान्यक्रमः–

सेकावगाहौ मणयः सहाराः शीताः प्रदेहा व्यजनानिलाश्च ।
शीतानि पानानि च गन्धवन्ति सर्वासु मूर्च्छास्वनिवारितानि ।।१।।

1. The common remedies of the disease syncope (*mūrcchā*) include the following: applying a flow of cool water onto the head of the patient, sitting inside water, wearing jewelry consisting of pearls, *vidruma*, crystals, diamonds, etc. applying cool *kalka* of sandalwood, camphor, saffron, etc. over body, fanning the patient with the hand fan made from palm-leaves or lotus-leaves, or drinking soups made of the sandalwood *kalka*, *uśīra*, camphor and *ketakī* flower, etc.

(Cakradatt)

रक्तमद्यविषजमूर्च्छासु चिकित्साक्रमः–

रक्तजायान्तु मूर्च्छायां हितः शीतक्रियाविधिः । मद्यजायां पिबेन्मद्यं निद्रां सेवेद्यथासुखम् ।।
विषजायां विषघ्नानि भेषजानि प्रयोजयेत् ।।२।।

2. For *raktaja* type of *mūrcchā* (fainting caused by vision and smell of blood), cooling therapies should be administered. For *madyaja mūrcchā* (fainting caused by alcoholic drinks), appropriate type of alcohol (which counter-act the alcohol taken earlier) and sleep should be prescribed. For *viṣaja mūrcchā* (fainting caused by poisons) antidotes of the poisons should administered.

कोलमज्जादिचूर्णम्–

कोलमज्जोषणोशीरकेशरं शीतवारिणा । पीतं मूर्च्छा जयेल्लीढा कृष्णा वा मधुसंयुता ।।३।।

3. Kolmajjādi Cūrṇam:

Ingredients: Dried pulp of the berry, black pepper, *uśīra* grass and *nāgakeśara*.

Process of Drug-Making: The dried pulp of the berry, black pepper, the *uśīra* grass and the *nāgakeśara* should be obtained in equal parts and be thoroughly pounded.

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Method of use/ Administration and Therapeutic benefits: Taking a dose of 3 gm. along with water checks the disease of fainting. Similarly, taking 500 mg. weight of the powder of pepper along with honey controls the *mūrcchā*. Intake of 3 gm. powder of the equal parts of the pulp of *kola*, *uṣna*, *uśīra* and *keśara*, along with cold water is useful in curing fainting. The powder should be mixed with honey and *ghṛitam* and given to the patient in the form of confection. Intake of this cures fainting.

(Cakradatt)

दुरालभाक्वाथः–

पिबेद् दुरालभाक्वाथं सघृतं भ्रमशान्तये ।।४।।

4.Durālabhā Kvātha:

Ingredients: *Durālabhā*, water, sugar candy (*miśṛi*) and cow-*ghṛitam* (clarified butter obtained from the milk of cow).

Process of Drug-Making: Obtain the herb *durālabhā* and decoct it in 384 ml. measure of water. When the content is reduced to the one fourth of the original it should be strained. To the same, add 24 gm. measure worth of sugar candy (*miśṛi*) and 12 gm. measure of cow-*ghṛitam* (clarified butter obtained from the milk of cow).

Method of Use/Administration: Dosage: 50 ml.

Therapeutic benefits: This compound is an effective drug of *bhrama*.

(Cakradatt)

त्रिफलापयसोः प्रयोगः–

त्रिफलायाः प्रयोगो वा प्रयोगः पयसोऽपि वा ।।५।।

5. The decoction of *ṭriphalā* prepared in the manner as described above (i.e. decocting the 384 ml. measures of to its one fourth) is also an effective drug of the disease *bhrama*. One can also take 2 gm. of *ṭriphalā* powder along with honey. Even taking cow milk only is also helpful in the disease.

(Cakradatt)

कौम्भघृतप्रयोगः–

रसायनानां कौम्भस्य सर्पिषो वा प्रशस्यते ।।६।।

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6. The use of *rasāyaṇa* and a dose of *kaumbha* (very old, kept in some earthen pitcher) *ghṛitam* worth 12 gm. along with sugar and milk can also control the disease *bhrama* (giddiness).

(Cakradatt)

त्रिफलायोगः–

मधुनाहन्त्युपयुक्तात्रिफलारात्रौ गुडार्द्रकं प्रातः । सप्ताहात्पथ्यभुजो मदमूर्च्छाकामलोन्मादान् ।।७।।

7. The patient should 5 gm. measure of the *triphalā* powder along with honey in night hours and in the following morning he should take small pieces of ginger with jaggery. If this medication is followed for one week and the regulated diets are taken, the ailments like giddiness, syncope, jaundice and insanity are removed. If the patient takes *triphalā* with honey, or ginger with jaggery at night for one week and observes the prescribed dieting, he becomes free from *mada* (intoxication), *mūrcchā* (fainting), *kāsa* (coughs), *kāmalā* (jaundice) and *unmāda* (insanity).

(Cakradatt)

अवबोधनकरी प्रक्रिया–

अञ्जनान्यवपीडाश्च धूमः प्रधमनानि च । सूचीभिस्तोदनं शस्तं दाहः पीडा नखान्तरे ।
लुञ्चनं केशलोम्नाञ्च दन्तैर्दशनमेव च । आत्मगुप्तावघर्षश्च हितस्तस्यावबोधने ।।८।।

8. To restore the senses of a fainted persons, the following measures are to be taken: Application of hot *añjana* made of pepper or black pepper on eyes. Nasal application of herbal powders treated by the juice of garlic. Administering dusts or smoke into the nasal passage. Prickling the body through needles. Cauterizing different parts of the body. Causing pain by prickling needles below the nails. Uprooting the hairs of the body. Cutting through teeth. Rubbing the fruits of *kevānca* (*ātmaguptā*) or through some hard item.

For bringing back the consciousness of an unconscious patient, the following recipes are administered: 1. Application of different types of *añjana* in the eyes; 2. Nasya (inhalation) therapy through nose; 3. Fumigation; 4. *Pradhamana* (insufflations of powders of drugs through nostrils) therapy; 5. Pricking the body with needles; 6. Cauterization; 7. Pressing hard at the tip of nail; 8. Holding the hairs and small hairs tightly; 9. Rubbing the fruit of *ātmaguptā* over the bark.

(Cakradatt)

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कणामूलचूर्णं निद्राकरम्–

गुडं पिप्पलिमूलस्य चूर्णेनातिचिरं लिहन् । चिरादपि च नष्टां निद्रामाप्नोत्यसंशयम् ।।९।।

9. The regular sleeping can be restored by licking the old jaggery measuring 6 gm. along with the powder of *pippalīmūla* worth 2 gm. in weight.

निद्राकरद्रव्याणि–

इक्षवःपोतकी माषाः सुरा मांसं घृतं पयः । गोधूमगुडमत्स्याश्च निद्रां कुर्वन्ति देहिनाम् ।।१०।।

10. The destroyed sleeping can be restored by consuming such items as the juice of sugarcane, the leaves of *potakī*, the *urada* pulse beans, liquor, meat, *ghṛitaṃ*, milk, edibles made of the wheat, jaggery and fishes.

भङ्गलेपो निद्राकरः–

शक्राशनमजाक्षीरं पादलेपात्तदर्थकृत् ।।११।।

11. One should roast the *hemā* (*bhānga*) leaves into *ghṛitam* and triturate it along with the milk of goat and apply the *kalka* in the sole of a patient (who has not slept since long) for a quick sleep.

सुधानिधिरसः (र. सा. सं.)–

कणामधुयुतं सूतं मूर्च्छायामनुशीलयेत् । शीतसेकावगाहादि सर्वं वा शीतलं भजेत् ।।
सुधानिधिरसो नाम मदमूर्च्छाविनाशनः ।।१२।।

12.Sudhānidhi Rasa:

Ingredients: *Bhasma* of *pārada* or *rasasindūra* and powder of pepper,

Process of Drug-Making: Obtain 125 mg. measure each of the *pārada bhasma* or *rasasindūra* and powder of pepper and mix the powders into honey.

Method of use/Administration: Take this compound with honey in doses of 2 gm. After consuming this drug one should face a flow of cold water on his forehead and should squat inside a tub filled with cold water. One should also apply the *kalka* of sandal, camphor, *keśara*, *aguru* over his forehead, breast and should sleep over a bed prepared by using the lotus leaves, leaves of banana, flowers, etc.

Therapeutic benefits: This *Sudhānidhi Rasa* destroys the disease called *mūrcchā* (syncope) and *mada* (fainting).

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मूर्च्छान्तको रसः (र. च.)–

सिन्दूरं माक्षिकं हेम शिलाजत्वयसी तथा । शतमूल्या विदार्याश्च स्वरसेन विभावयेत् ।।१३।।
श्लक्ष्णंपिष्टवाततःकुर्याद्वटिकावल्लसम्मिताः।रसोमूर्च्छान्तकोहन्यादसौमूर्च्छाःशिवोदितः ।।१४।।

13-14. Mūrcchāntaka Rasa:

Ingredients: *Rasasindūra*, *bhasma* of pyrites (*svarṇamākṣika*), the *bhasmas* of gold and iron, purified *śilājatu* (bitumen), juice of *śatamūla* and juice of *vidārī kanda*.

Process of Drug-Making: Obtain 12 gm. measure each of the *rasasindūra*, *bhasma* of pyrites (*svarṇamākṣika*), the *bhasma* of gold and iron, and purified britanum (*śilājatu*) and pound them together into a fine powder. Their mixture should be treated with *bhāvanā* process using the juice of *śatamūla* for seven times and using the juice of *vidārī kanda* for another for seven times. Thus treated the mix should be used to make pills each weighing 375 mg. in weight.

Therapeutic benefits: These pills, narrated by God Śiva himself is capable to remove all kinds of *mūrcchā* (syncope). This is named as *Mūrcchāntaka Rasa*.

(*Rasendra Cintāmaṇi*)

अश्वगन्धाद्यरिष्टः–

तुलार्द्धं चाश्वगन्धाया मुशल्याःपलविंशतिः । मज्जिष्ठाया हरीतक्या रजन्योर्मधुकस्य च ।।१५।।
रास्नाविदारीपार्थानां मुस्तकत्रिवृतोरपि । भागान् दशपलान् दद्यादनन्ताश्यामयोस्तथा ।।१६।।
चन्दनद्वितयस्यापि वचायाश्चित्रकस्य च । भागानष्टपलान् क्षुण्णानष्टद्रोणेऽम्भसः पचेत् ।।१७।।
द्रोणशेषे कषायेऽस्मिन्पूते शीते प्रदापयेत् । धातक्याः षोडशपलं माक्षिकस्य तुलात्रयम् ।।१८।।
व्योषस्य द्विपलञ्चापि त्रिजातकचतुष्पलम् । चतुष्पलं प्रियङ्गोश्च द्विपलं नागकेशरम् ।।१९।।
मासादूर्ध्वं पिबेदेनं पलार्द्धपरिमाणतः । मूर्च्छामपस्मृतिं शोषमुन्मादमपि दारुणम् ।।२०।।
कार्श्यमर्शांसि मन्दत्वमग्नेर्वातभवान् गदान् । अश्वगन्धाद्यरिष्टोऽयं पीतो हन्यादसंशयम् ।।२१।।

15-21. Aśvagandhādya Ariṣṭa:

Ingredients: *Aśvagandhā*, *muṣalī*, *manjiṣṭhā*, *harītakī*, turmeric, *dāru haridrā*, *mustaka*, *rāsnā*, *vidārīkanda*, the barks of *arjuna* tree, *madhuka*, roots of *tṛivṛit*, white *sārivā*, black *sārivā*, white sandalwood, red sandalwood, *vacā*, roots of *citraka*, powder of the *dhātakī* flowers, honey, powder of *vyoṣa* (dried ginger, pepper and pepper), powder of *tṛijātaka* (cardamom, cinnamon bark and cassia), *priyangu*, powder of *nāgakeśara* and water.

Process of Drug-Making: Obtain 2.335 kg. measure of the *aśvagandhā*, 1 kg. measure of the *muṣalī*, 500 gm. measure each of the *manjiṣṭhā*, *harītakī*, turmeric,

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dāru haridrā, *mustaka*, *rāsnā*, *vidārīkanda*, the barks of *arjuna* tree, *madhuka* and the roots of *tṛivṛit*, 375 gm. measure each of the white *sārivā*, black *sārivā*, white sandalwood, red sandalwood, *vacā* and the roots of *citraka*. Pound all of these coarsely through a hand mortar and powder the mixture into water measuring 96 litres kept in some earthen pot. Boil and cook them till it reduces to one-twelfth of the original amount. Strain the decoction and allow the syrup to cool down. Subsequently, add to it 190 gm. measure of the powder of the *dhātakī* flowers, honey measuring about 15 kg., the powder of *vyoṣa* (dried ginger, black pepper and pepper) measuring 30 gm each of the herbs., 60 gm. each of the powder of *tṛijātaka* herbs(cardamom, cinnamon bark and cassia), *priyangu* (190 gm.) and the powder of *nāgakeśara* measuring 90 gm. Now keep the compound inside an earthen pitcher ointmented with *ghṛitam* and well dried. The lid of this pitcher should be closed and the drug should remain kept therein for no less than one month. After that the drug should be filtered through a clean cloth and put into different bottles.

Method of use/Administration: 12-23 ml. measure of this drug named *Aśvagandhā Ariṣta* should be taken with equal amount of water after the meals.

Therapeutic benefits: This drug controls the diseases like the *mūrcchā*, epilepsy, consumption, dementia, thinness of the body, six kinds of the piles, loss of appetite and deranged *vāta*, etc.

मूर्च्छायां पथ्यानि–

धूमोऽञ्जनं नावनमस्रमोक्षो दाहश्च सूचीपरितोदनानि ।
रोम्णां कचानामपि कर्षणानि नखान्तपीडा दशनोपदंशः ।।२२।।
नासामुखद्वारमरुन्निरोधो विरेचनच्छर्दनलङ्घनानि ।
क्रोधोभयदुःखकरीचशय्याकथाविचित्राऋमनोहराणि ।।२३।।
छायानभोऽम्भः शतधौतसर्पिर्मृदूनितिक्तानिचलाजमण्डः ।
जीर्णा यवालोहितशालयश्च कौम्भंहविर्मुद्गसतीनयूषाः ।।२४।।
धन्वोद्भवामांसरसाश्चरागाःसषाडवागव्यपयःसिता च ।
पुराणकूष्माण्डपटोलमोचहरीतकीदाडिमनारिकेलम् ।।२५।।
मधूकपुष्पाणिचतण्डुलीयमुपोदिकाऽत्रानिलघूनिचापि ।
प्रतीरनीरं सितचन्दनानिकर्पूरनीरं हिमबालुका च ।।२६।।
अत्युच्चशब्दोऽद्भुतदर्शनञ्चगीतानिवाद्यान्यपिचोत्कटानि ।
श्रमःस्मृतिश्चिन्तनमात्मबोधोधैर्यञ्चमूर्च्छावतिपथ्यवर्गः ।।२७।।

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22-27. The following activities are advisable for a patient suffering from the disease of *mūrcchā* (syncope): smoking (herbal ingredients), applying *añjana* to eye lids, nasal treatment, cauterization, prickling with needles, pulling the hair, causing pain beneath his nail plates, cutting him by teeth, closing the passage of his nose and mouth so that breathing is checked, allowing him to vomit, to fast, frightening him or showing anger to him, putting him on a bed upon which he could not sleep properly, telling him pleasing stories, placing him under cool shadows, rain water, applying the *ghṛitam* over his forehead, etc. The patient should take hot syrup prepared by the fresh rice-grains, old barley, the *śāli* variety of red rice-grains, the old *ghṛitam* (kept in some earthen pitcher), the syrup of the peas and *mudga* (green gram), juice of meat of the animal and birds from the *jāngala* regions, the pickles and confectioneries, cow milk, sugar candy, old ash pumpkin, leaves of *paṭola*, banana, *harītakī*, grains that are easily digestible, water of wells located by the side of rivers, white sandalwood and water treated with camphor. The sands of the river land, sounds, show of strange items, singing loudly and making large instrumental sounds before the patients, all these are helpful items in cases of syncope. One is also advised to remind the patient of the lost family members, of the lost memories, his self-knowledge and to make the patient gain consolation, etc.

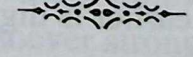
मूर्च्छायामपथ्यानि–

ताम्बूलं पत्रशाकञ्च दन्तधर्षणमातपम् । विरुद्धान्यन्नपानानि व्यवायं स्वेदनं कटु ।
तृण्निद्रयोर्वेगरोधं तक्रं मूर्च्छामयी त्यजेत् ।।२८।।

28. The items to be a avoided while suffering from *mūrcchā* (syncope) includes the eatables like the betel leaves, leaves of mustard saplings, buttermilk, etc. and such acts as using the tooth-sticks to clean the tooth, facing the sun, taking incompatible meals, having intercourse, sweating, taking bitter items, holding the urge of thirst and sleep.

इति भैषज्यरत्नावल्यां मूर्च्छारोगचिकित्साप्रकरणम् ।।२१।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां मूर्च्छारोगचिकित्साप्रकरणम् ।।२१।।

End of the Chapter 21 of Bhaiṣajya Ratnāvalī with Commentary



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अथ मदात्ययचिकित्साप्रकरणम् २२

Chapter 22
Madātyaya

मन्थप्रयोगः–

मन्थः खर्जूरमृद्वीकावृक्षाम्लाम्लकदाडिमैः । परूषकैः सामलकैर्युक्तो मद्यविकारनुत् ।।१।।

1. *Mantha* (thin gruel without containg any grains in it) prepared by mashing *kharjūra*, *mṛidvīka vṛikṣāmala*, *āmalakī*, *dāḍima*, *paruṣaka* and *āmalakī* (12 gm. each) in water (190 ml.) (subsequently the preparatin should be strained) cures diseases caused by the excessive intake of alcohol.

(Cakradatt)

तर्पणयूषादिकल्पना (च. द.)–

जलेचतुष्पले शीते क्षुण्णं द्रव्यपलं क्षिपेत् । मृत्पात्रे मर्दयेत् सम्यक् तस्माच्च द्विपलं पिबेत् ।।२।।
सतीनमुद्गमिश्रान् वा दाडिमामलकान्वितान् । द्राक्षाऽऽमलकखर्जूर-परूषकरसेन वा ।
कल्पयेत् तर्पणान् यूषान् रसाँश्च विविधात्मकान् ।।३।।

2-3. Obtain 46 gm. measure of the herb coarsely pounded for *tarpaṇa* and pour that into 92 ml. measure of water. Mix the powder and water thoroughly and strain the water. One should take this syrup in doses of 96 ml. For the purpose of *tarpaṇa*, one should obtain peas, green gram, pomegranate and *āmalakī* in combination or raisin, *āmalakī*, date fruits and *paruṣaka* fruits.

Note: The above *tarpaṇa* probably refers to a refreshing method with healing effects.

(Cakradatt)

वातजमदात्ययचिकित्सा–

मद्यं सौवर्चलव्योषयुक्तं किञ्चिज्जलान्वितम् । जीर्णमद्याय दातव्यं मदपानात्ययापहम् ।।४।।

4. The *vāta*-generated case of *madātyaya* (alcoholism) is to be treated by alcohol added with *sauvarcala* and *vyoṣa* and water in small quantity. It should be administered after the drink taken earlier is digested.

(Cakradatt)

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पित्तजपानात्ययचिकित्सा–

मुद्गयूषः सितायुक्तःस्वादुवर्पिशितो रसः । पित्तपानात्यये योज्याः सर्वतश्च क्रिया हिमाः ।।५।।

5. In cases of the *pitta*-generated *madātyaya*, the patient can be cured by taking the *yūṣa* of green gram treated with sugar candy or by taking the juice of meat treated and sweetened by sweet herbs (of the *jīvanīya* group). He should also take bath of cold water and should apply the cold *kalka* of sandal and should lie in the cottage where there is a current of water flowing. Such a patient should be given different types of cooling therapies and regimen.

(Cakradatt)

कफजमदात्ययचिकित्सा–

पानात्यये कफोद्भूते लङ्घनञ्च यथाबलम् । दीपनीयौषधोपेतं पिबेन्मद्यं समाहितः ।।६।।

6. In the case of *kapha* generated alcoholism one should first of all keep *langhaṇa* (fasting) as long as it is possible for him. This measure could be followed by taking liquor treated with the herbs like *ṭrikaṭu* and *pañcakola* i. e. the drugs that are *dīpanīya* (digestive stimulants).

(Cakradatt)

त्रिदोषजमदात्ययचिकित्सा–

सर्वजेसर्वमेवेदंप्रयोक्तव्यंचिकित्सितम् । आभिःक्रियाभिः सिद्धाभि शान्तिं याति मदात्ययः ।।७।।

7. The cases of *ṭridoṣa*-generated alcoholism should be treated by a combination of drugs used in all the three typeso of the diseases (one should take all the drugs prescribed in cases of the *pitta* generated, *kapha* generated as well as in *vāta* generated cases of alcoholism). One should also take special care of the most prominent reason of the alcoholism and the drugs prescribed for that. Such measures of treatment effectively check the disease.

(Cakradatt)

मद्यस्य हीनवीर्यकरणोपायः–

मद्यंपीत्वायदिनातत्क्षणमवलेढिशर्करांसघृताम् । जातुनमदयति मद्यं मनागपि प्रथितवीर्यमपि ।।८।।

8. If drinking of alcohol is immediately followed by taking of *ghṛitam* treated in sugar, the effect of the liquor whatsoever strong it may be is minimized. It does not allow the liquor to intoxicate the user.

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पूगीफलजन्यमदचिकित्सा–

सच्छर्दिमूर्च्छातीसारं मदं पूगफलोद्भवम् । सद्यः प्रशमयेत्पीतमातृप्तैर्वारि शीतलम् ।।९।।

9. If the alcoholism is generated by taking betel nuts in heavy quantity or by taking liquor made of them and if as a result the patient is vomiting, fainting and is suffering from dysentery, he should drink cold water full up to his neck. This measure controls him and prevents him from getting intoxicated.

(Cakradatt)

अन्यच्च–

वन्यकरीषघ्राणाज्जलपानाल्लवणभक्षणाद्वाऽपि ।
शाम्यति पूगफलमदश्चूर्णरुजा शर्कराकवलात् ।।१०।।

10. The alcoholic effects by consumption of the betel nuts in excessive amount can be liquidated by taking salt, drinking water, and by smelling the ash of the jungle-reeds. Similarly, by gargling the water treated with sugar the indisposition caused due to the powder of intoxicating herbs (like the belladona) or due to taking lime-powder can be removed.

(Cakradatt)

मदनकोद्रवधत्तूरजमदनाशनोपायः–

सगुडःकूष्माण्डकरसःशमयतिमदमाशुमदनकोद्रवजम् । धस्तूरजञ्चदुग्धंसशर्करंपानयोगेन ।।११।।

11. The intoxication caused by consumption of the *madana* fruit (emetic nut) and the *kodarva* can be removed by drinking the juice of ash-pumpkin treated with the raw sugar. Similarly the intoxication caused by consuming belladona (*dhatūra*) can be removed by drinking milk treated with sugar.

(Cakradatt)

दुग्धप्रयोगः (च. द.)–

न चेन्मद्यक्रमं मुक्त्वा क्षीरमस्य प्रयोजयेत् ।।१२।।
लङ्घनाद्यैः कफे क्षीणे जातदौर्बल्यलाघवे । ओजस्तुल्यगुणं क्षीरं विपरीतं च मद्यतः ।।१३।।
पयसा च हृते रोगे बले जाते निवर्त्तयेत् । क्षीरप्रयोगं मद्यं वा क्रमेणाल्पाल्पमाचरेत् ।।१४।।

12-14. Milk Therapy:

If by the administration of the above-mentioned therapies, the patient does not get relief, then he should be administered *langhaṇa* (fasting therapy) as a result of which *kapha* contents of his body is reduced and he gains strength. Thereafter,

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milk should be given to the patient. Milk possesses qualities that are opposite to the properties of a liquor. Thus, if the quantity of milk intake is increased in comparison to the intake of the liquor, the effect of alcoholism is reduced likewise. Once the diseased is cured one can start taking liquor in small quantity and can gradually reduce its intake to the zero level.

(Cakradatt)

फलत्रिकाद्यं चूर्णम्–

फलत्रिकं त्रिवृच्छ्यामा देवदारु महौषधम् । अजमोदा यमानी च दार्वी लवणपञ्चकम् ।।१५।।
शतपुष्पा वचा कुष्ठं त्रिसुगन्ध्येलबालुकम् । सर्वाण्येतानि संचूर्ण्य पिबेच्छीतेन वारिणा ।।१६।।
पानात्ययादिरोगाणां हरणेऽग्नेश्च दीपने । संग्रहग्रहणीध्वंसेऽप्येतदेवौषधं क्षमम् ।।१७।।

15-17. Phalatṛikādyam Cūrṇam:

Ingredients: Powder of the fruit rinds of *harītakī*, *āmalakī*, *vibhītaka*, *tṛivṛit*, *devadāru*, dried ginger, *ajamodā*, *yamānī*, *dāru haridrā*, *pañcalavaṇa* (five kinds of salt), aniseeds, *vacā*, *kuṣṭha*, cardamom and *tṛisugandhi* (lesser variety of the cardamom, the cassia, and the cinnamon).

Process of Drug-Making: Obtain the powder of the fruit rinds of *harītakī*, *āmalakī*, *vibhītaka*, *tṛivṛit*, *devadāru*, dried ginger, *ajamodā*, *yamānī*, *dāru haridrā*, *pañcalavaṇa* (five kinds of salt), aniseeds, *vacā*, *kuṣṭha*, cardamom and *tṛisugandhi* (lesser variety of the cardamom, the cassia, and the cinnamon), all in equal parts. Mix all these powders thoroughly.

Method of use/Administration: Take the medicine in doses 3-4 gm. along with cold water.

Therapeutic benefits: This drug removes the alcohol related intoxication. The same drug can also check the disease *sangrahaṇī* (sprue, the mal-absorption syndrome). This treatment develops the digestive powers as well.

अष्टाङ्गलवणम् (च. द.)–

सौवर्चलमजाजी च वृक्षाम्लं साम्लवेतसम् । त्वगेलामरिचार्द्धांशं शर्कराभागयोजितम् ।।१८।।
हितं लवणमष्टाङ्गमग्निसन्दीपनं परम् । मदात्यये कफप्राये दद्यात्स्रोतोविशोधनम् ।।१९।।
एतदेव पुनर्युक्त्या मधुराम्लैर्द्रवीकृतम् । गोधूमान्नयवान्नानां मांसानां चातिरोचनम् ।।२०।।

18-20. Aṣṭāñga Lavaṇam:

Ingredients: Black salt, black variety of cumin seeds, *vṛikṣāmala*, *āmlaveta*, cinnamon bark, lesser variety of cardamom, black pepper and sugar.

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Process of Drug-Making: Take black salt, black variety of cumin seeds, *vṛikṣāmala* and *āmlaveta*, in a measurement of 12 gm. each, the cinnamon bark, lesser variety of cardamom and black pepper 6 gm. each. Pound and clean these powders and crush them through a hand mortar by mixing 12 gm. measure of sugar with them.

Therapeutic benefits: This *Aṣṭāñga Lavaṇa* mixture is used to clear the pores in the body closed as a consequence to the *kapha*-generated alcoholism. This medicine also develops the digestive power. If liquefied through the sweet and citrus juices, this drug if used in treating the wheat and barley and the meat preparations, it makes the same very delicious and tasty. This recipe is called *Aṣṭāñga Lavaṇa*. This is an excellent medicine for a patient suffering from *kaphaja madātyaya* (alcoholism associated with aggravated *kapha*). It cleanses the channels of circulation.

(Cakradatt)

एलाद्यो मोदकः–

एलां मधूकमग्निञ्च रजन्यौ द्वे फलत्रयम् । रक्तशालिं कणां द्राक्षां खर्जूरञ्च तिलं यवान् ।।२१।।
विदारीं गौक्षुरं बीजं त्रिवृताञ्च शतावरीम् । सञ्चूर्ण्य मोदकं कुर्यात् सितया द्विप्रमाणया ।।२२।।
धारोष्णेनापि पयसा मुद्गयूषेण वा समम् । पिबेदक्षप्रमाणन्तु प्रातर्नत्वाऽम्बिकां गदी ।।२३।।
मद्यपानसमुत्थानाविकारा निखिला अपि । सेवनादस्य नश्यन्ति व्याधयोऽन्ये च दारुणाः ।।२४।।

21-24. Elādi Modaka:

Ingredients: Lesser variety of cardamom, flowers of the *madhuka* tree, roots of plant *citraka*, turmeric rinds, *dāru haridrā*, *harītakī*, *vibhītaka*, red variety of *śāli* rice, pepper, raisin, date, black sesame, barley, tubers of *vidārī*, seeds of *gokṣura* plant, root of *niśotha* plant, *śatāvarī* bulbs and unrefined sugar.

Process of Drug-Making: Obtain in 18 gm. each of the lesser variety of cardamom, the flowers of the *madhuka* tree, the roots of plant *citraka*, the turmeric rinds, the *dāru haridrā*, *harītakī* and *vibhītaka*, the red variety of *śāli* rice, pepper, raisin, date, black sesame, barley, the tubers of *vidārī*, seeds of *gokṣura* plant, root of *niśotha* plant and *śatāvarī* bulbs. Mix them and add to it the unrefined sugar (360 gm.). Cook the preparation and make small balls out of it.

Method of use/Administration: Worship the goddess Ambikā in the morning and take these balls worth 10 gm. in measurement along with the nature-warm milk (the milk obtained immediately after milking) or the soup of green grams.

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Therapeutic benefits: This medicine is capable to remove the intoxication and other syruptoms caused by excessive alcoholism.

महाकल्याणवटी–

हेमाभ्रञ्च रसं गन्धमयो मौक्तिकमेव च । धात्रीरसेन संमर्द्य गुञ्जामात्रां वटीं चरेत् ।।२५।।
भक्षयेत्प्रातरुत्थाय तिलक्षोदमधुप्लुताम् । सिताक्षौद्रयुतां वाऽपि नवनीतेन वा सह ।।२६।।
अयथापनजा रोगा वातजाः कफपित्तजाः । गदाः सर्वे विनश्यन्ति ध्रुवमस्य निषेवणात् ।।२७।।

25-27. Mahā Kalyāṇa Vaṭī:

Ingredients: *Bhasmas* of gold, mica, mercury, sulphur, iron and pearls along with the expressed juice of *āmalaka*.

Process of Drug-Making: Obtain 12 gm. measure each of the *bhasmas* of gold, mica, mercury, sulphur, iron and pearls. Prepare a *kajjalī* of sulphur and mercury and then mix rest of the materials into it. Treat the mixture with the expressed juice of *āmalaka* by churning it. Make small pills of 125 mg. out of the preparation and dry them and store them in a safe case.

Method of use/Administration: Pound one of these pills in the morning hours and take it with powder of the sesame and honey or with sugar or honey only or with butter.

Therapeutic benefits: This *MahāKalyāṇa Vaṭī* serves a patient to effectively cure all the *kapha*, *vāta* and *pitta* generated diseases produced by harmful drinks and eatables.

पुनर्नवादि घृतम् (च. द.)–

पयःपुनर्नवाक्वाथयष्टिकल्कप्रसाधितम् । घृतं पुष्टिकरं पानान्मद्यपानहतौजसः ।।२८।।

28. Punarnavādi Ghṛitam:

Ingredients: Milk, *punarnavā* decoction, *kalka* of *yaṣṭi* and *mūrcchita ghṛitam*.

Process of Drug-Making: Gather milk (3 litres), the decoction of *punarnavā* (3 litres) and *kalka* of *yaṣṭi* (180 gm.) and get them boiled along with *mūrcchita ghṛitam* (750 gm.).

Therapeutic benefits: The medicine is very effective in invigourating the patients losing strength due to excessive alcoholism. Intake of this medicated *ghṛitam* is nourishing and it cures alcoholism. It promotes *ojas* in the weak person.

(Cakradatt)

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श्रीखण्डासवः–

श्रीखण्डं मरिचं मांसी रजन्यौ चित्रकं घनम् । उशीरं तगरं द्राक्षां चन्दनं नागकेशरम् ।।२९।।
पाठां धात्रीं कणां चव्यं लवङ्गञ्चैलबालुकम् । लोध्रञ्चार्द्धपलोन्मानं जलद्रोणद्वये क्षिपेत् ।३०।।
द्राक्षां षष्टिपलां तत्र गुडस्य च तुलात्रयम् । धातकीं द्वादशपलाञ्चैकत्र परियोजयेत् ।।३१।।
मासं संस्थाप्य मृद्भाण्डे वस्त्रपूतं रसं नयेत् । पाययेन्मात्रया वैद्यो वयोवह्न्याद्यपेक्षया ।।३२।।
पानात्ययं परमदं पानाजीर्णञ्च नाशयेत् । पानविभ्रममत्युग्रं श्रीखण्डासव आशु च ।।३३।।

29-33. Śṛīkhaṇḍāsava:

Ingredients: White sandalwood, black *jaṭāmānsī*, turmeric, *dāru haridrā*, roots of plant *citraka*, *mustā*, *uśīra*, date fruits, red sandalwood, *nāgakeśara*, *pāṭhā*, *āmalakī*, pepper, *cavya*, cloves, cardamom and *lodhra*, raisin, old jaggery the flowers of *dhātakī* plant.

Process of Drug-Making: Get 23 gm. measures each of the white sandalwood, black *jaṭāmānsī*, turmeric, *dāru haridrā*, roots of plant *citraka*, *mustā*, *uśīra*, date fruits, red sandalwood, *nāgakeśara*, *pāṭhā*, *āmalakī*, pepper, *cavya*, cloves, cardamom and *lodhra*. Pound all of them coarsely. Then get an earthen pitch treated by smoke and smeared by *ghṛitam* from inside and keep the drug in it. Add to the pitcher 24 litre measure of water and about 2800 gm. of raisin, old jaggery about 15 kg., and the powder of the flowers of *dhātakī* plant in 565 gm. measure and stir the pitcher thoroughly. Tightly close the pitcher with mud and cloth and keep it in some lonely place for one month. Following this, open the pot and strain out the liquor to keep it in bottles.

Method of use/Administration: Considering the age, strength and digestive power of the patient, the doses 12-25 ml. of the above drug should be prescribed to be taken with equal measure of water.

Therapeutic benefits: This *Śṛikhaṇḍāsava* removes such diseases as alcoholism, related fevers and other syruptoms as identified by *pramāda*, *pāṇājīrṇa*, and *pānavibhrama*.

मदात्यये पथ्यानि–

संशोधनं संशमनं स्वपनं लङ्घनं श्रमः । संवत्सरसमुत्पन्नाः शालयः षष्टिकैः सह ।।३४।।
मुद्गा माषाश्च गोधूमाः संतीना रागषाडवौ । एणतित्तिरिलावाजदक्षबर्हिशशामिषम् ।।३५।।
वेशवारो विचित्रान्नं हृद्यं मद्यं पयः सिता । तण्डुलीयं पटोलञ्च मातुलुङ्गं परूषकम् ।।३६।।
खर्जूरं दाडिमं धात्री नारिकेलं च गोस्तनी । सर्पिः पुराणं कर्पूरं प्रतीरं शिशिरानिलः ।।३७।।
धारागृहं चन्द्रपादा मणयो मित्रसंगमः । क्षौमाम्बरं प्रियाश्लेषो गीतं वादित्रमुद्धतम् ।
शीताम्बु चन्दनं स्नानं सेव्यमेतन्मदात्यये ।।३८।।

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34-38. The advisable acts for the patients of alcoholism include: sleeping, *langhaṇa* (fasting), lying in the *dhārāgṛiha* (cold-room where current of water is artificially flowed vertically as well as horizontally), facing the moonlight, using the jewelery made from the pearls and the *muktā*, applying the *kalka* of sandalwood over body and taking bath with cool water, etc. Eatables prescribed in such case include old rice of *śāli* variety, barley, green gram, wheat, horse-pea, jam of mango and other fruits, the meat of rabbit, cock, peacock and mutton, milk, *paṭola* vegetable, date fruits, old *ghṛitam*, pomegranate, coconut and raisin.

अपथ्यानि–

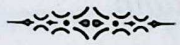
स्वेदोऽञ्जनं धूमपानं नावनं दन्तघर्षणम् । ताम्बूलञ्चैत्यपथ्यं स्यान्मदात्ययविकारिणाम् ।।३९।।

39. The *Apathya* or avoidables items in disease of the alcoholism include taking up the betel leaves or nut, application of sweating and tooth brushing.

इति भैषज्यरत्नावल्यां मदात्ययचिकित्साप्रकरणम् ।।२२।।

इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायांमदात्ययचिकित्साप्रकरणम् ।।२२।।

End of the Chapter 22 of Bhaiṣajya Ratnāvalī with Commentary



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अथ दाहरोगचिकित्साप्रकरणम् २३

Chapter 23
Treatment of *Dāha* (Burning Syndrome Or High Temperature)

तत्र सामान्यक्रम्–

यत्पित्तज्वरदाहोक्तं दाहे तत्सर्वमिष्यते ।।१।।

1. The treatments prescribed in the cases related to the *Pittajvara* generated *dāha* should also be followed in the general *dāha* (burning syndrome) indispositions.

(Cakradatt)

यवशक्तुप्रदेहः (च. द.)–

शतधौतघृताभ्यक्तं दिह्याद्वा यवशक्तुभिः । कोलामलकयुक्तैर्वा धान्याम्लैरपि बुद्धिमान् ।।२।।

2. The burning sensation or *dāha* can be treated by applying the *kalka* of old *ghṛitam* or the *kalka* of fine powder of barley or the seed pulp of the *badarī* (the berry) and *āmalakī* pounded with *kānji*.

(Cakradatt)

क्षीरिक्वाथादिप्रयोगोऽन्तर्दाहघ्नः (च. द.)–

क्षीरैः क्षीरिकषायैश्च सुशीतैश्चन्दनान्वितैः । अन्तर्दाहं प्रशमयेदेतैरन्यैश्च शीतलैः ।।३।।

3. The internal burning sensation is cured by application of the decoction of cold milk, white sandalwood and the latex of the five *kṣīrī* (latex bearing) trees (they include the *udumbara*, *vaṭa*, *vetasa*, *aśvattha* and *palākṣā* trees) and the like cold treatments. These recipes should be added with application of *kalka* of the sandalwood. Similar other cooling therapies should also be administered to the patient.

(Cakradatt)

कदलीदलशय्या–

चन्दनाम्बुक्रणस्यन्दितालवृन्तोपवीजितः । सुप्याद्दाहार्दितोऽम्भोजकदलीदलसंस्तरे ।।४।।

4. The patient suffering through burning sensation should lie down on a bed prepared by spreading the leaves of the banana tree and the lotus flowers over it.

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The patient should also be fanned with a hand fan made of the leaves of palm tree with *kalka* of the sandalwood over it.

(Cakradatt)

शीतलजलप्रयोगः–

परिषेकावगाहेषु व्यजनानाञ्च सेवन । शस्यते शिशिरं तोयं तृष्णादाहोपशान्तये ।।५।।

5. To pacify excessive thirst and burning sensation, one should take bath from cold water. Bathing in the river and fanning are also prescribed.

(Cakradatt)

फलिन्यादिप्रलेपः–

फलिनी लोध्रसेव्याम्बु हेम पत्रं कुटन्नटम् । कालीयकरसोपेतं दाहे शस्तं प्रलेपनम् ।।६।।

6. The burning sensation could be pacified through *kalka* of *phalinī*, *sevya*, *ambu*, *hemā*, *patra*, *kuraṇṭaka* and the juice of *kāliyaka*. This *kalka* should be externally applied over the body. It is very useful for alleviating burning sensation.

(Cakradatt)

द्रोणिकाऽवगाहनम्–

ह्रीबेरपद्मकोशीरचन्दनक्षोदवारिणा । सम्पूर्णामवगाहेत द्रोणीं दाहार्दितो नरः ।।७।।

7. The patient of burning sensation should have a tub-bath in cold water treated with the juice or decoction of *hṛibera*, *padmaka*, *uśīra*, *candana* and *akṣoda*, the patient should take bath. This gives relief to burning sensation.

(Cakradatt)

दाहशमनार्थ प्रयोगः (च. द.)–

छादयेत्तस्य सर्वाङ्गमारनालार्द्रवाससा । लामज्जकेन शुक्तेन चन्दनेनानुलेपयेत् ।।
सर्पिषा शतधौतेन लेपाद्दाहः प्रशाम्यति ।।८।।

8. The entire body of the patient suffering burning sensation should be covered with a cloth soaked in *aranāla* (a type of vinegar). The cloth used for wrapping the body can also be soaked with *suktā* (a type of vinegar) of *lāmajjaka*. The body of the patient can also be smeared with sandalwood paste.

(Cakradatt)

पर्पटादिक्वाथः–

पर्पटः सघनोशीरः क्वथितः शर्कराऽन्वितः । शीतपानं निहन्यात्तु दाहं पित्तज्वरं नृणाम् ।।९।।

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9. Parpaṭādi Kvātha:

Ingredients: *Parpaṭa*, *mustaka*, *uśīra* and jaggery.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts.

Therapeutic benefits and **Therapeutic benefits:** Treat the decoction with jaggery and consume it to cure *dāha* and *pittajvara*.

(*Gadanigraha*)

चन्दनादिक्वाथः–

पाटीरपर्पटोशीरनीरनीरदनीरजैः । मृणालमिसिधान्याकपद्मकामलकैः कृतः ।।१०।।
अर्धशिष्टःश्रृतः शीतः पीतः क्षौद्रसमन्वितः । क्वाथो व्यपोहयेद्दाहं नृणाञ्च परमोल्बणम् ।।११।।

10-11. Candanādi Kvātha:

Ingredients: Sandalwood, *parpaṭa*, *uśīra*, *sugandhabālā*, *mustaka*, *kamala* flower, *kamala danḍa*, aniseeds, coriander seeds, *padmaka*, *āmalakī*, water and honey.

Process of Drug-Making: Obtain equal parts of the sandalwood, *parpaṭa*, *uśīra*, *sugandhabālā*, *mustaka*, *kamala* flower, *kamala danḍa*, aniseeds, coriander seeds, *padmaka* and *āmalakī* to raise a measure of 46 gm. in total and pour the mixture into 375 ml. of water. Boil the preparation till it is reduced to a half of the original quantity. Subsequently, when the decoction cools down to the atmospheric temprature, add 23 gm. of honey to the same and store the drug in a glass jar.

Method of use/Administration: The medicine should be taken in doses of 50 ml. after every four hours.

Therapeutic benefits: The high degree of burning sensation can be cured by taking this drug (famous by the name *Candanādi Kvātha*).

(*Bhāvaprakāśa*)

दाहान्तको रसः–

सूतात् पञ्चार्कतश्चैकं कृत्वा पिण्डं सुशोभनम् । जम्बीरस्वरसैर्मर्द्यं सूततुल्यञ्च गन्धकम् ।।१२।।
नागवल्लीदलैः पिष्ट्वा ताम्रपत्रं प्रलेपयेत् । प्रपुटेद् भूधरे यन्त्रे यावद् भस्मत्वमाप्नुयात् ।।१३।।
द्विगुञ्जमार्द्रकद्रावैस्त्र्यूषणेन च योजयेत् । निहन्ति दाहसन्तापं मूर्च्छां पित्तसमुद्भवाम् ।।१४।।

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12-14. Dāhāntaka Rasa:

Ingredients: Purified mercury, purified copper, purified sulphur, juice of *jambīra* lemon and betel leaves.

Process of Drug-Making: Obtain purified mercury in 50 gm. measure, purified copper in 10 gm. measure and purified sulphur in 50 gm. measure, first of all prepare *kajjalī* out of the mercury and sulpher. Triturate the *kajjalī* along with the juice of *jambīra* lemon and juice of betel leaves for three hours each. Now place the *kajjalī* thus treated by both the juices over the copper plates and dry it. Now keep the recipe inside a *śarāva* beaker and tightly close it with mud smeared cloth. Cook the drug through a *Bālukā Puṭa*. Subsequently, when the pot cools down to the atmospheric temprature, remove the drug from the beaker and pound it through a hand mortar and make it into a fine powder; keep the drug in glass bottles.

Method of use/Administration: Take this medicines famous as *Dāḥāntaka Rasa* in doses of 125 mg. along with 375 mg. measure of the powder of *tryūṣṇa* (the combination of dried ginger, pepper and black pepper) and expressed juice of ginger in 3 gm. measure as well as honey.

Therapeutic benefits: This drug removes the burning sensation and cures on of the disease *mūrcchā* (syncope) caused due to the *pitta* disorder.

(*Rasendra Sār Sangraha*)

सुधाकररसः–

सिन्दूराभ्रकहेमानि मौक्तिकं त्रिफलाम्भसा । शतपुत्रीरसेनापि मर्दयेत् सप्तसप्तधा ।।१५।।
ततो रक्तिमितां कुर्याद् वटीं छायाप्रशोषिताम् । एकैकां योजयेत्तान्तु यथादोषानुपानतः ।।१६।।
रसः सुधाकरः सोऽयं हन्ति दाहं महाबलम् । प्रमेहानपि वातास्रं बलशुक्रकरः परः ।।१७।।

15-17. Sudhākara Rasa:

Ingredients: Purified *rasasindūra*, *bhasmas* of mica, gold and pearls, decoction of *triphalā* and the juice of *śatāvarī*.

Process of Drug-Making: Get the purified *rasasindūra*, the *bhasmas* of mica, gold and pearls in equal parts (i.e. 20 gm.) and prepare a very fine powder of them through a hand mortar. Process the powder through *bhāvanā* treatment seven times each with the decoction of *triphalā* and the juice of the *śatāvarī*. Make small pills measuring 125 mg. out of the preparation and dry them in shadow.

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Method of use/Administration: One should take two of these pills daily along with the *anupāna* that are suitable to the *doṣa* in context.

Therapeutic benefits: This *Sudhākara Rasa* effectively cures *dāha*, twenty types of dysuria and gout. The drug is capable to promote vigour and potency of the body as well.

(*Rasendra Kāmdhenu*)

कुशाद्यं तैलं घृतं च (च. द.)–

कुशादिशालपर्णीभिर्जीवकाद्येन साधितम् । तैल घृतं वा दाहघ्नं वातपित्तविनाशनम् ।।१८।।

18. Kuśādya Tailam and Ghṛitam:

Ingredients: Roots of the *pañcatṛiṇa* herbs, *kalka* of the *jīvanīya* group herbs, *śālaparṇī*, *mūrcchita* oil of sesame or the *mūrcchita ghṛitam* of cow and water.

Process of Drug-Making: Boil the roots of the *pañcatṛiṇa* herbs, the *kalka* of the *jīvanīya* group herbs along with the *śālaparṇī* measuring about 250 gm. and *mūrcchita* oil of sesame or the *mūrcchita ghṛitam* of cow measuring 1 litre in water measuring about four litres. Cook the herbs thoroughly.

Method of use/Administration: Use the product for massaging the body or even in taking along with *ghṛitam* and sugar.

Therapeutic benefits: This medication pacifies the burning sensation and removes the diseases caused by the disordered *vāta* and *pitta*.

(Cakradatt)

दाहे पथ्यानि–

शालयः षष्टिका मुद्गामसूराश्चणका यवाः । धन्वमांसरसा लाजमण्डस्तत्सक्तवः सिता ।।१९।।
शतधौतं घृतं दुग्धं नवनीतं पयोभवम् । कूष्माण्डं कर्कटीं मोचं पनसं स्वादु दाडिमम् ।।२०।।
पटोलं पर्पटं द्राक्षा धात्रीफलपरूषकम् । बिम्बी तुम्बी पयःपेटी खर्जूरं धान्यकं मिशिः ।।२१।।
बालतालं प्रियालं च शृङ्गाटककशेरुकम् । मधूकपुष्पं ह्रीबेरं पथ्या तिक्तानि सर्वशः ।।२२।।
शीताः प्रदेहा भूवेश्म सेकोऽभ्यङ्गोऽवगाहनम् । पद्मोत्पलदलक्षौमशय्या शीतलकाननम् ।।२३।।
कथा विचित्रागीतानि शिशिरो मञ्जुभाषणम् । उशीरचन्दनालेपः शीताम्बु शिशिरानिलः ।।२४।।
धारागृहं प्रियास्पर्शः प्रनीरं हिमबालुका । सुधांशुरश्मयः स्नानं मणयो मधुरो रसः ।।२५।।
पुरा यानि विधेयानि पित्तहारीणि तानि च । इति दाहवतां नृणां पथ्यवर्ग उदाहृतः ।।२६।।

अन्यच्च–

धारावेश्मतथासुशीतलशशिज्योत्स्ना तु पानानि च वातः शीतलचन्दनं च कमलं प्रेमानुबन्धस्तथा ।
रामागूहनमर्दनंस्तनयुगे शुक्लार्द्रवस्त्राणि च क्षीरं शर्करशङ्खलौहरजतं दाहप्रशान्त्यै हितम् ।।२७।।

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19-27. The eatables useful while suffering from *dāha* or burning sensation include the following: the *ṣaṣṭika* variety of rice, the green gram, barley, *mudga*, lentil, the poppy of paddy, milk, butter, śimbī, jackfruit, *kaṣeru*, raw sugar, meat of the wild animals and birds and their meat soup, the *śatadhaut ghṛita*, fruits of the *kuṣmāṇḍa* (i.e white gourd- a variety of pumpkin), banana fruits, *paṭola*, leaf of the *parpaṭa* (five leaved fumitory), fruits of *paruṣaka*, the water chestnut, flowers of the *madhuka* tree, raisin or grape fruits, fruits of coconut, date fruits, coriander seeds, aniseeds, *netrabālā*, the *harītakī* and the like. The helpful activities in such cases include taking of cold bath, cold-plastering over body, sweet-talks, cold wind, bathing and all such acts which destroy excessive *pitta*. Staying in a house having artificial springs, facing the moon rays, snow dust, bed spread with the leaves of lotus flowers, indulging in comfortable conversations with wife and children, hugging the beloved ones, touching the breasts of beloved one, wearing wet clothes are also useful measures for the patients of high temprature. The use of *śankha bhasma*, *lauha bhasma* and *rajata bhasma* has also been prescribed.

(*Yoga Ratnākar*)

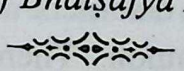
दाहेऽपथ्यानि–

विरुद्धान्यन्नपानानि क्रोधं वेगविधारणम् । गजाश्वयानमध्वानं क्षारं पित्तकराणि च ।।२८।।
व्यायाममातपं तक्रं ताम्बूलं मधु रामठम् । व्यवायं कटुतीक्ष्णोष्णं दाहवान् परिवर्जयेत् ।।२९।।

28-29. The avoidable foods in case of *dāha* include the bitter and pungent items, buttermilk, betel leaves honey, asafoetida, and incompatible meals as well as such food articles that promote the *pitta* content of the body. Suppression of the calls of nature, riding an elephant or horse, excessive walking, exercises, facing the sun, having intercourse, etc. are to be avoided by the patients of burning sensation.

इति भैषज्यरत्नावल्यां दाहरोगचिकित्साप्रकरणम् ।।२३।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां दाहरोगचिकित्साप्रकरणम् ।।२३।।

End of the Chapter 23 of Bhaiṣajya Ratnāvalī with Commentary



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अथोन्मादचिकित्साप्रकरणम् २४

Chapter 24
Unmāda

तत्र सामान्यक्रमः–

उन्मादे वातिके पूर्वं स्नेहपानं विरेचनम् । पित्तजे कफजे वान्तिः परो बस्त्यादिकः क्रमः ।।१।।
निरूहणस्नेहवस्ती शिरसश्च विरेचनम् । ततः कुर्याद् यथादोषं ततो भूयस्त्वमाचरेत् ।।२।।
हृदिन्द्रियशिरःकोष्ठे संशुद्धे वमनादिभिः । मनः प्रसादमाप्नोति स्मृतिं संज्ञां च बिन्दति ।।३।।

(च. चि. अ. ९ श्लो. ३३-३४)

1-3. In cases of insanity caused due to the disorder of *vāta*, first of all drinks of oily materials are prescribed. Similarly in *pitta*-generated insanity, the *virecana* (purgation) therapy is prescribed. In case of the *kapha*-generated insanity, vomitting is suggested. Following such measures as the *niruhaṇa basti* (administration of drugs through nasal passage) are to be employed. These therapies and *nasya* (nasal) treatment can be repeated time and again. In other words the *niruhaṇa basti* (enema) is prescribed in the *pitta*-generated insanity; the *sneha* enema is suggested in the *vāta*-produced insanity while the *kapha*-generated insanity is to be treated through *śiro-virecana*. It is believed that through vomiting, etc. the heart, the senses, the head and the stomach, are all cleaned and the mind becomes pure and this in turn promotes the memory power and consciousness.

(Cakradatt)

अपस्मारचिकित्सोपदेशः–

यच्चोपदेक्ष्यते किञ्चिदपस्मारचिकित्सिते । उन्मादे तच्च कर्त्तव्यं सामान्याद् दोषदूष्ययोः ।।४।।

4. Treatment for Apasmāra and Unmāda:

Therapies prescribed for the treatment of *apasmāra* (epilepsy) are also useful for the treatment of *unmāda* (insanity) because, in both these conditions, identical *doṣas* and *dhātus* are afflicted. The disorders and their consequences in cases of the insanity and epilepsy are common. Therefore the treatment measures as prescribed in the case of epilepsy should be followed to treat the indisposition of the insanity as well.

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ब्राह्म्यादिस्वरसाः कुष्ठहराः–

ब्राह्मीकूष्माण्डीफलषड्ग्रन्थाशङ्खपुष्पिकास्वरसाः । दृष्टाउन्मादहृतः पृथगेते कुष्ठमधुमिश्राः ।।५।।

5. This is a combination of four recipes. Each of them involves *kuṣṭha* and honey. a) Take the expressed juice of the *brāhmī* measuring 50 ml., powder of *kuṣṭha* measuring 1 gm. and honey measuring 10 gm. b) 50 ml. measure of the powder of the *kuṣmāṇḍa phalā* and powder of *kuṣṭha* measuring 1 gm. and honey measuring 10 gm. c) *vacā* 50 ml. along with powder of *kuṣṭha* measuring 1 gm. and honey measuring 10 gm. d) the juice of *śankhapuṣpī* in 50 ml. measure along with powder of *kuṣṭha* measuring 1 gm. and honey measuring 10 gm. Each of the four preparations thus obtained are all very effective to cure insanity.

(Cakradatt)

पिकमांसप्रयोगः–

निर्वाते स्थापयेत्सुखम् । त्यक्त्या स्मृतिमतिभ्रंशं संज्ञां लब्ध्वा प्रबुध्यते ।।६।।

6. The meat of she-cuckoo should be properly cooked and taken by the patient. Following this, the patient should be laid down in a place free from the winds. This measure restores the lost memory of patient and makes him fully conscious and enlightened.

चटकमांसप्रयोगः–

अपक्वचटकीक्षीरपानमुन्मादनाशनम् ।।७।।

7. The raw (and uncooked) flesh of the baby sparrow pounded with milk and treated with sugar should be taken by the patient of insanity.

(Cakradatt)

कूष्माण्डकबीजप्रयोगः–

कूष्माण्डकबीजकल्कः पीतो विनाशयत्यपि । उन्मादरोगमत्युग्रं मधुना दिवसत्रयम् ।।८।।

8. Obtain the inner pulp of the seeds of the ash pumpkin in measure of 10 gm. and crush it on stone. Mix the pulp with 10 gm. measure of honey. Consuming this preparation for three days can cure even severe cases of insanity.

उन्मादहरा योगाः–

उन्मादे समधुः पेयः शुद्धो वा तालशाखजः । रसो नस्येऽभ्यञ्जने च सार्षपं तैलमिष्यते ।।
बद्धं सार्षपतैलाक्तमुत्तानञ्चातपे न्यसेत् ।।९।।

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9. The juice taken from the stem of *tāla* (palm tree) should be mixed with honey and given to the patient suffering from *unmāda*. For these patients, mustered oil is useful for taking internally, through *nasya* (inhalation) therapy and for using in massage. In disease of insanity, drink the juice of the palm fruits plain or treated with honey. The nasal administration of mustard oil and anointing through this oil are also prescribed in such cases. Besides this, the patient's hands and legs could be tied and his body massaged with the mustard oil. After this he should be laid down in recumbent position under the sun. This measure can also cure the case of insanity.

(Cakradatt)

पुराणघृतप्रयोगः–

पुराणमथवा सर्पिः पिबेत्प्रातरतन्द्रितः ।।१०।।

10. Drinking milk treated with oil on daily basis can also remove the disease of insanity.

(Cakradatt)

शुद्धस्याचारविध्वंसे तीक्ष्णं नावनमञ्जनम् । ताडनञ्च मनोबुद्धिस्मृति संवेदनं हितम् ।।११।।

11. The patient of insanity who has become abnormal in behavior and attitude should be made to vomit first of all. Subsequently strong nasal treatment, application of *añjana* in the eyelids and employing of such measures as beating and kicking should be followed. These measures are capable to restore the lost memory, intellect and the consciousness.

(Cakradatt)

मनसः प्रकृतिकरणप्रकाराः–

तर्जनं त्रासनं दानं सान्त्वनं हर्षणं भयम् । विस्मयो विस्मृतेर्हेतोर्नयन्ति प्रकृतिं मनः ।।१२।।

12. In case of insanity the mind's normalcy can be restored by scolding the patient, making him fear, by consoling him, delighting him and by bringing to his view amazing scenes and the like.

(Cakradatt)

कामादिजन्योन्मादप्रतीकारः–

कामशोकभयक्रोधहर्षेर्ष्यालोभसम्भवान् । परस्परप्रतिद्वन्द्वैरेभिरेव शमं नयेत् ।।१३।।

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13. The insanity caused due to sexual considerations, grief, fear, anger, delight, envy and by greed can be cured by creating opposite conditions in front of the patient. For example, the insanity caused due to sexual thoughts can be cured through sexual gratification; making the patient delighted can cure the insanity produced by anger.

(Cakradatt)

इष्टद्रव्यनाशजोन्मादचिकित्सा–

इष्टद्रव्यविनाशात्त मनो यस्योपहन्यते । तस्य तत्सदृशप्राप्त्या सान्त्वाश्वासैश्च तं जयेत् ।।१४।।

14. The shock that creates insanity through loss of something craved for can be treated by getting the patient a similar object or through consoling and promising him.

(Cakradatt)

आगन्तुकोन्मादचिकित्सा–

सर्पिःपानादिनाऽऽगन्तौ मन्त्रादिश्चेष्यते विधिः । पूजाबल्युपहारेष्टिहोममन्त्राञ्जनादिभिः ।।
जयेदागन्तुमुन्मादं यथाविधि शुचिर्भिषक् ।।१५।।

15. The insanity created as a result of sinning or voilating against the gods and goddess, the forefathers and the like can be treated through spells and magic, worship of the gods, offerings and presentations to them, through holding the fire-rituals (*yagyas*), chanting and the like. All these should be performed with purity and according to the formally prescribed procedures.

(Cakradatt)

अञ्जनादीनां वर्जनविषयाः–

देवर्षिपितृगन्धर्वैरुन्मत्तस्य च बुद्धिमान् । वर्जयेदञ्जनादीनि तीक्ष्णादि क्रूरमेव च ।।१६।।

16. If the insanity is caused due to the action of the gods, seers, forefathers or the *gandharvas*, then a wise physician should not administer strong and painful therapies in the form of beating and application of collyrium etc. and the like.

(Cakradatt)

सिद्धार्थकोऽगदः (च. द.)–

सिद्धार्थकोहिङ्गुवचाकरञ्जीदेवदारु च । मञ्जिष्ठा त्रिफला श्वेता कटभी त्वक् कटुत्रिकम् ।।१७।।
समांशानि प्रियङ्गुश्च शिरीषो रजनीद्वयम् । बस्तमूत्रेण पिष्टोऽयमगदः पानमञ्जनम् ।।१८।।

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नस्यमालेपनं चैव स्नानमुद्वर्त्तनं तथा । अपस्मारविषोन्मादकृत्याऽलक्ष्मीज्वरापहः ।।१९।।
भूतेभ्यश्च भयं हन्ति राजद्वारे च शस्यते । सर्पिरेतेन सिद्धं वा सगोमूत्रं तदर्थकृत् ।।२०।।

17-20. Siddhārthaka Agada:

Ingredients: Mustard (*siddhārthaka*) seeds, asafoetida fried in *ghṛitam*, *vacā*, the bark of *karañja* tree, *devadāru*, *manjiṣṭhā*, *harītakī*, *vibhītaka*, *āmalakī*, *śveta*, *viṣṇukrāntā*, *ṭrikaṭu* herbs (dried ginger, pepper and the black pepper), *priyangu*, bark of the *śirīṣ* tree, *haridrā*, *dāru haridrā* and goat's milk.

Process of Drug-Making: Take 12 gm. measure each of the mustard (*siddhārthaka*) seeds, asafoetida fried in *ghṛitam*, *vacā*, the bark of the *karañja* tree, *devadāru*, *manjiṣṭhā*, *harītakī*, *vibhītaka* and *āmalakī*, *śveta*, *viṣṇukrāntā*, the *ṭrikaṭu* herbs (dried ginger, pepper and the black pepper), *priyangu*, the bark of the *śirīṣ* tree, *haridrā* and the *dāru haridrā*. Clean and pound them all and churn the mixture along with goat's milk. Prepare small pills weighing about 2 gm. from the preparation and dry them.

Method of use/Administration: This drug can be consumed, administered through the nasal passage, used as ointment and in treatment of the water used by the patient in taking bath.

Therapeutic benefits: This drug named *Siddhārthaka Agada* is very effective in checking epilepsy and insanity, effects of spells and demons, etc.

(Cakradatt)

कृष्णाद्यञ्जनम्–
कृष्णामरिचसिन्धूत्थमधुगोपित्तनिर्मितम् । अञ्जनं सर्वभूतोत्थमहोन्मादविनाशनम् ।।२१।।

21.Kṛiṣṇādya Anjanam:

Ingredients: Black pepper, pepper, rock salt, honey and *gorocana*.

Process of Drug-Making: Obtain in equal parts the black pepper, pepper and the rock salt and clean and pound them into a fine powder. Mix the powder with honey and the *gorocana*. Subsequently, pound the mixture and dry the preparation.

Method of use/Administration: Use this drug as an *añjana* to apply it on the eyelids.

Therapeutic benefits: If used daily this measure would remove the insanity caused by the effects of demons and the like.

(Cakradatt)

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दार्व्यादिगुडिकाऽञ्जनम् (च. द.)–

दार्वीमधुभ्यां पुष्यायां कृतं च गुडिकाऽञ्जनम् । नेत्रयोरञ्जनान्नृणामुन्मादं नाशयेद् द्रुतम् ।।२२।।

22. Dārvyādi Guḍikā Anjanam:

Obtain the powder of *dāruharidrā* in the period marked by the *Puṣya* constellation and process the same in a mortar along with honey. Prepare pills out of the preparation. Use the paste of these pills as *añjana* over eyes to cure insanity.

(Cakradatt)

मरिचाञ्जनम् (च. द.)–

मरिचं वाऽऽतपे मासं सपित्तं हितमञ्जनम् । वैकृतं पश्यतः कार्यं दोषभूतहतस्मृतेः ।।२३।।

23. Maricānjanam:

Ingredients: Powder of black pepper and *gorocana*.

Process of Drug-Making: Take powder of the black pepper and compound it with *gorocana*. Place the mix under sun for one month.

Method of use/Administration: Apply the preparation as an *añjana* to apply it on the eyelids.

Therapeutic benefits: This would relieve one from insanity caused by demons and from disturbed sight.

(Cakradatt)

निम्बपत्रादिधूपः–

निम्बपत्रवचाहिङ्गुसर्पनिर्मोकसर्षपैः । डाकिन्यादिहरो धूपो भूतोन्मादविनाशनः ।।२४।।

24.Nimbapatrādi Dhūpa:

The insanity caused due to the effect of demons and the she-goblins can be removed through the smoke created by burning the leaves of *neem*, *vacā*, asafoetida, the slough of serpents and the mustard seeds.

(Cakradatt)

महाधूपः–

कार्पासास्थिमयूरपिच्छबृहतीनिर्माल्यपिण्डीतकैस्त्वग्वांशीवृषदंशविट् तुषवचाकेशा हिनिर्मोककैः ।
गोशृङ्गद्विपदन्तहिङ्गुमरिचैस्तुल्यैस्तुधूपः कृतः स्कन्दोन्मादपिशाचराक्षससुरावेशज्वरघ्नः स्मृतः ।।२५।।

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25. Mahādhupa:

Ingredients: Seeds of cotton tree, wings of a peacock, *pañcānga* of *bṛihatī*, *śivanirmālya*, *pinḍītaka*, *mainaphala*, *uśīra* grass, *vanśalocana*, excreta of a cat, paddy-husk, *vacā*, *bhūtakeśi*, slough of a serpent, horn of cow, teeth of an elephant and black pepper.

Process of Drug-Making: Obtain in equal parts all the ingredients. Pound all of them.

Method of use/Administration: Burn the compound to produce smoke in front of the patient of insanity.

Therapeutic benefits: This smoke removes the insanity caused due to attack of the demons, goblins, ghosts. It also controls the *skandonmāda* (insanity caused by the seizure of *skanda*), insanity caused by seizures by *pisāca*, *rākṣasa* and the antagonistic gods or the like.

(Cakradatt)

सारस्वतं चूर्णम्–

कुष्ठाश्वगन्धे लवणाजमोदे द्वे जीरके त्रीणि कटूनि पाठा ।
माङ्गल्यपुष्पीचसमान्यमूनिसर्वैः समानाञ्चवचां विचूर्ण्य ।।२६।।
ब्राह्मीरसेनाखिलमेवभाव्यं वारत्रयं शुष्कमिदं हि चूर्णम् ।
अक्षप्रमाणं मधुना घृतेन लिह्यान्नरः सप्तदिनानिचूर्णम् ।।२७।।
सारस्वतमिदं चूर्णं ब्रह्मणा निर्मितं पुरा ।
हिताय सर्वलोकानां दुर्मेधसां विचेतसाम् ।।२८।।
एतस्याभ्यासतः पुंसां बुद्धिर्मेधा धृतिः स्मृतिः ।
सम्पत्तिः कविताशक्तिः प्रवर्धेतोत्तरोत्तरम् ।।२९।।

26-29. Sārasvata Cūrṇam:

Ingredients: *Kuṣṭha*, *aśvagandhā*, rock-salt, *yavānī*, cumin, black cumin seeds, dried ginger, black pepper, pepper, *pāṭhā*, *śankhapuṣpī*, *vacā* and juice of *brāhmī*.

Process of Drug-Making: Obtain 25 gm. measure of the *kuṣṭha*, *aśvagandhā*, rock-salt, the *yavānī*, cumin, black cumin seeds, dried ginger, black pepper, pepper, *pāṭhā* and *śankhapuṣpī* and *vacā* in the measure of 225 gm. Prepare a fine powder of all these herbs and triturate them along with the juice of *brāhmī*. Churn the mixture and dry it.

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Method of use/Administration: Take 1 gm. dose of this preparation along with 6 gm. measure of *ghṛitam* and 12 gm. honey.

Therapeutic benefits: This medicine, famous by the name of *Sārasvata Cūrṇam* has been prepared by God Brāhmā for the public welfare. If taken daily this medicine promotes the intellect, patience, memory and poetic capabilities.

(*Bhāvaprakāśa*)

उन्मादपर्पटीरसः (र. सा. सं.)–

कृष्णधुस्तूरजैर्बीजैः पञ्चभिः पर्पटीरसः । संप्रयोज्यः प्रशमयेदुन्मादं भूतसंभवम् ।।३०।।

30. Unmāda Parpaṭī Rasa:

Take five seeds of black variety of *dhustūra* and add to it *rasa parpaṭī* (500 mg.) and *ghṛitam*. Administration of this recipe as inhalation therapy cures insanity.

Note: The purified seeds of *dhustūra* should not be used in doses exceeding 62 mg. in measure. Taking lesser amount of these seeds don't have any adverse effect.

(*Rasendra Sār Sangraha*)

उन्मादभञ्जिनी (र. सा. सं.)–

शुद्धं मनःशिलाचूर्णं सैन्धवं कटुरोहिणी । वचा शिरीषबीजं च हिङ्गु च श्वेतसर्षपः ।।३१।।
करञ्जबीजं त्रिकटु मलं पारावतस्य च । एतानि समभागानि गोमूत्रैर्वटिकां कुरु ।।३२।।
गिरिमल्लीबीजसमां छायाशुष्कांच कारयेत् । प्रातःसन्ध्यानिशाकाले चक्षुषोरञ्जनं हितम् ।।३३।।
मधुरादिरसेनाज्यं रात्रावपि जलेन च । वटिकैका समाख्याता नाम्ना चोन्मादभञ्जिनी ।
चातुर्थकमपस्मारमथोन्मादं विनाशयेत् ।।३४।।

31.34. Unmāda Bhañjinī Vaṭikā:

Ingredients: Powders of *manahśilā*, rock-salt, *kaṭukī*, *vacā*, seeds of *karañja*, dried ginger, black pepper, pepper and excreta of pigeon along with the cow-urine.

Process of Drug-Making: Get in equal parts the powders of *manahśilā*, rock-salt, *kaṭukī*, *vacā*, the seeds of *karañja*, dried ginger, black pepper, pepper and excreta of pigeon and triturate them together along with the cow-urine. Prepare long-shape wicks out of them and dry the same under shadow.

Method of use/Administration: This wick should be pounded and used as *añjana* and applied to the eyelids in morning, in noon and in the evening. During

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the daytime, the *Unmādabhañjinī* should be crushed along with some sweet juice while along with water during the night time.

Therapeutic benefits: This application removes the diseases like epilepsy, insanity and the *caturthaka jvara* (fever).

(*Rasendra Sār Sangraha*)

उन्मादगजकेशरी रसः–

सूतं गन्धं शिलातुल्यं स्वर्णबीजंविचूर्णयेत् । भावयेदुग्रगन्धायाः क्वाथेन मुनिशः पृथक् ।।३५।।
ब्राह्मीरसेन सप्तैव भावयित्वा विचूर्णयेत् । रसः संजायते नूनमुन्मादगजकेशरी ।।३६।।
अस्य माषःससर्पिष्कोलीढो हन्ति हठाद्गदम् । उन्मादाख्यमपस्मारं भूतोन्मादमपि ज्वरम् ।।३७।।

35-37. Unmādagaja Keśarī Rasa:

Ingredients: Purified mercury, purified sulphur, *manahśilā*, seeds of *dhustūra*, *vacā* and juice of *brāhmī*.

Process of Drug-Making: Obtain purified mercury, purified sulphur and *manahśilā* and the seeds of *dhustūra* in meaure of 50 gm. each and powder them. Process them through *bhāvanā* method using the expressed juice of *brāhmī* as well as the decoction of *vacā* for seven consecutive times each.

Method of use/Administration: Lick 1 gm. measure of this preparation along with cow-*ghṛitam*.

Therapeutic benefits: By licking this *Unmādagaja Keśarī Rasa* one can cure insanity, fever, epilepsy and related ailments.

उन्मादगजाङ्कुशः–

त्रिदिनं कनकद्रावैर्महाराष्ट्रीरसैः पुनः । विषमुष्टिद्रवैः सूतं समुत्थाप्यार्कचक्रिकाम् ।।३८।।
कृत्वातप्तां सगन्धान्तां युक्त्या बन्धनमाचरेत् । तत्समं कानकं बीजमभ्रकं गन्धकं विषम ।।३९।।
मर्दनात्त्रिदिनं सर्वं वल्लमात्रं प्रयोजयेत् । दोषोन्मादं द्रुतं हन्ति भूतोन्मादं विशेषतः ।।४०।।

38-40. Unmāda Gajāngkuśa:

Ingredients: *Pārada*, juice of *dhustūra*, decoction of the *jalapippalī*, decoction of the *viṣamuṣṭi*, purified mercury, purified copper, seeds of *dhatūra*, *abhraka bhasma*, purified *gandhaka* and purified *vatsanābha*.

Process of Drug-Making: Obtain 75 gm. measure of *pārada* and process it through a stone-mortar for three consecutive days with the juice of *dhustūra*, decoction of the *jalapippalī*, and the decoction of the *viṣamuṣṭi* along with the

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purified mercury in each respective day. Add 25 gm. measure of purified copper powder to the mercury thus processed and pound both of them thoroughly and subsequently, prepare a *kalka* out of them. Make pills of this preparation and place them in a small bowl. Place purified *gandhaka* (325 gm.) over and beneath these *chakrikā* (pills). Place a beaker over the bawl and tightly close the joints using pieces of cloth wet in mud. Process the bowl through the *gajapuṭa* method for seven consecutive times. Thereafter, prepare a fine powder of the preparation and add to it 24 gm. measure each of the seeds of *dhatūra*, the *abhraka bhasma*, purified *gandhaka* and the purified *vatsanābha* and triturate them in a mortar for three days. Finally, prepare pills weighing 62 mg. out of it.

Therapeutic benefits: This *Unmāda Gajāngkuśa Rasa* pills immediately cures the insanity caused by the disorder of *vāta*, *pitta* and *kapha*, etc.

(*Rasendra Sār Sangraha*)

उन्मादभञ्जनो रसः–

त्रिकटु त्रिफला चैव गजपिप्पलिका तथा । देवदारु विडङ्गञ्च किरातं कटुकी तथा ।।४१।।
कण्टकारी च यष्टीन्द्रयवं चित्रकमेव च । बला च पिप्पलीमूलं मूलञ्च वीरणस्य च ।।४२।।
शोभाञ्जनस्य बीजानि त्रिवृता चेन्द्रवारुणी । वङ्गं रूप्यमभ्रकञ्च प्रवालं समभागिकम् ।।४३।।
सर्वचूर्णसमं लौहं सलिलेन विमर्दयेत् । उन्मादमपि भूतोत्थमुन्मादं वातजं तथा ।४४।।
अपस्मारं तथा काश्यं रक्तपित्तं सुदारुणम् । नाशयेदविकल्पेन रसश्चान्मादभञ्जनः ।।४५।।

41-45. Unmāda Bhañjana Rasa:

Ingredients: Dried ginger, pepper, black pepper, *harītakī*, *vibhītaka*, *āmalakī*, *gaja pippalī*, *devadāru*, *vāya viḍanga*, *kirātatikta*, *kaṭukī*, *kañṭakārī's* roots, *yaṣṭi*, *indrayava*, the roots of *citraka*, *balā* and pepper, *uśīra* grass, seeds of *sobhāñjana*, roots of plant *ṭrivṛit*, *indravāruṇī*, *vanga bhasma*, *rajata bhasma*, *abhraka bhasma*, *pravāla bhasma* and iron *bhasma*.

Process of Drug-Making: Get 20 gm. measure powder each of dried ginger, pepper, black pepper, *harītakī*, *vibhītaka*, *āmalakī*, *gaja pippalī*, *devadāru*, *vāya viḍanga*, *kirātatikta*, *kaṭukī*, *kañṭakārī's* roots, *yaṣṭi*, *indrayava*, the roots of *citraka*, *balā* and pepper, the *uśīra* grass, the seeds of *sobhāñjana*, the roots of plant *ṭrivṛit*, *indravāruṇī*, *vanga bhasma*, *rajata bhasma*, *abhraka bhasma* and *pravāla bhasma*, Mix iron *bhasma* in their equal measure (i.e. 440 gm.) into all of

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these powders. Add water to the mixture and triturate it through a hand mortar. Make pills of 250 mg. measures out of the preparation and dry them.

Therapeutic benefits: This pill *Unmāda Bhañjana Rasa* without doubt removes the indisposition caused by insanity, weakness and by severe cases of the *Rakapitta* (hemorrhagic) diseases.

(*Rasendra Sār Sangraha*)

भूताङ्कुशो रसः–

सूतायस्तारताम्रञ्च मुक्ता चापि समं समम् । सूतपादं तथा वज्रं तालं गन्धं मनःशिला ।।४६।।
तुत्थं शिलाञ्जनं शुद्धमब्धिफेनं रसाञ्जनम् । पञ्चानां लवणानाञ्च प्रतिभागं रसोन्मितम् ।।४७।।
भृङ्गराजचित्रवज्रीदुग्धेनापि विमर्दयेत् । दिनान्ते पिण्डितं कृत्वा रुद्ध्वा गजपुटे पचेत् ।।४८।।
भूतांकुशो रसो नाम नित्यं गुञ्जाद्वयं लिहेत् । आर्द्रकस्य रसेनापि चोन्मादे भूतजिद्रसः ।।४९।।
पिप्पल्यात्तंपिबेच्चानुदशमूलकषायकम् । स्वेदयेत् कटुतुम्ब्या च तीक्ष्णं रूक्षं च वर्जयेत् ।।५०।।
माहिषञ्च घृतं क्षीरं गुर्वन्नमपि भोजयेत् । अभ्यङ्गः कटुतैलेन हितो भूताङ्कुशे रसे ।।५१।।

46-51. Bhūtānkuśa Rasa:

Ingredients: Purified *pārada*, *lauha bhasma*, *rajata bhasma*, *tāmra bhasma*, *muktā bhasma*, *hīraka bhasma*, purified orpiment, purified *gandhaka*, purified *manahśilā*, purified blue vitriol, purified *sauvirāñjana*, purified *samudra phena*, *rasāñjana*, rock-salt, common salt, black salt, *sauvarcala* salt (one obtained from the Sāmbhar lake, Rajasthan), salt obtained from the soil, juice of *bhṛingarāja*, decoction of the root of *citraka* and latex of plant *snuhī*.

Process of Drug-Making: Take purified *pārada*, *lauha bhasma*, *rajata bhasma*, *tāmra bhasma and muktā bhasma* each measuring 20 gm. along with *hīraka bhasma* measuring 5 gm. Also take 20 gm. measure each of the purified orpiment, purified *gandhaka*, purified *manahśilā*, purified blue vitriol, purified *sauvirāñjana*, purified *samudra phena*, the *rasāñjana*, the rock-salt, the common salt, the black salt, the *sauvarcala* salt (one obtained from the Sāmbhar lake, Rajasthan), and the salt obtained from the soil. First prepare a *kajjalī* from the *pārada* and *gandhaka* and prepare a fine powder of the rest of ingredients. Mix all these together. Then triturate the mixture along with the juice of *bhṛingarāja*, the decoction of the root of *citraka* and the latex of plant *snuhī* one after another. Knead the preparation and prepare a ball out of it. Place the ball inside a beaker that should be closely tightened. Cook the preparation through a *gajapuṭa*. After

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this, remove the ball from *puṭa* after it cools down to atmospheric temperature. Pound the ball thoroughly and store the medicine in a phial.

Method of use/Administration: Take 250 mg. measure of this medicine named *Bhūtāṅkuśa Rasa* daily with the juice of fresh ginger and honey. After this the patient should also take the decoction of the *daśamūla* herbs. The patient using *Bhūtāṅkuśa Rasa* should inhale the steam of the decoction of a bitter *tumbinī*. He should avoid taking sour and bitter edibles. When feeling hungry, the patient should take such items as the *ghṛitam* and milk of a buffalo that are heavy to digest. He should have a thorough massage of the body with the mustard oil as well.

Therapeutic benefits: This drug cures the patients suffering from the insanity caused by demons.

(*Rasendra Sār Sangraha*)

चतुर्भुजरसः–

मृतसूतस्य भागौ द्वौ भागैकं हेमभस्मकम् । शिला कस्तूरिका तालं प्रत्येकं हेमतुल्यकम् ।।५२।।
सर्वं खल्लतले क्षिप्त्वा कन्याया मर्दयेद्रसैः । एरण्डपत्रैरावेष्ट्य धान्यराशौ दिनत्रयम् ।।५३।।
संस्थाप्य च तदुद्धृत्य सर्वरोगेषु योजयेत् । एतद्रसायनं श्रेष्ठं त्रिफलामधुमर्दितम् ।।५४।।
तद्यथाऽग्निबलं खादेद् वलीपलितनाशनम् । अपस्मारे ज्वरे कासे शोषे मन्दानले क्षये ।।५५।।
हस्तकम्पे शिरःकम्पे गात्रकम्पे विशेषतः । वातपित्तसमुत्थांश्च कफजान्नाशयेद् ध्रुवम् ।।५६।।
चतुर्भुजरसो नाम महेशेन प्रकाशितः ।।५७।।

52-57. Caturbhuja Rasa:

Ingredients: *Rasasindūra*, *svarṇa bhasma*, purified *manahśilā*, purified *hartāla*, *kastūrī* (musk), expressed juice of *ghṛitakumārī* and leaves of the castor plant.

Process of Drug-Making: Obtain *rasasindūra* in20 gm. measure, *svarṇa bhasma*, purified *manahśilā*, purified orpiment, and *kastūrī* (musk) each in 10 gm. measure and triturate all of them along with the expressed juice of *ghṛitakumārī*. Prepare a ball out of this and cover it with the leaves of the castor plant. Put the covered ball inside a heap of paddy-husk for three days. The following day, remove the castor leaves and prepare fine powder out of the ball.

Method of use/Administration: This medicine can be used in doses of 125 mg. in all kinds of diseases with varying *anupānas*. Depending on the digestive

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power and body-strength of the patient, this medicine should be taken along with the powder of *triphalā* and honey.

Therapeutic benefits: This medicine removes the *vali palit* of the users and also helps in checking the diseases like the epilepsy, fever, *kāsa* (coughs), consumption, loss of digestive power, trambling of the hand and the body. This medicine *Caturbhuja Rasa* controls all the diseases produced by the disordered *doṣas* including *vāta*, *pitta* and the *kapha*. This drug has been prescribed by God Mahādeva himself.

(*Rasendra Sār Sangraha*)

हिङ्ग्वाद्यं घृतम्–

हिङ्गुसौवर्चलव्योषैर्द्विपलांशैर्घृताढकम् । चतुर्गुणे गवां मूत्रे सिद्धमुन्मादनाशनम् ।।५८।।

58. Hingvādya Ghṛitam:

Ingredients: Asafoetida, *sauvarcala* salt (obtained from the Sāmbhar lake, Rajasthan), *ṭrikaṭu* herbs, *mūrcchita* cow-*ghṛitam* and cow-urine.

Process of Drug-Making: Take 93 gm. measures each of the asafoetida, the *sauvarcala* salt (obtained from the Sāmbhar lake, Rajasthan) and *ṭrikaṭu* herbs and prepare a water based *kalka* out of the same. Place the *kalka* in an earthen pitcher. Pour 3 kg. of *mūrcchita* cow-*ghṛitam* and about 12 litres of cow-urine into the pitcher and boil the preparation thoroughly as per the *sneha pāka* method.

Therapeutic benefits: This *Hingvādi Ghṛitam* removes the indisposition caused by insanity.

(Cakradatt)

लशुनाद्यं घृतम् (च. द.)–

लशुनस्याविनष्टस्यतुलाऽर्द्धंनिस्तुषीकृतम् । तदर्द्ध दशमूल्यास्तु द्व्याढकेऽपां विपाचयेत् ।।५९।।
पादशेषे घृतप्रस्थं लशुनस्य रसं तथा । कोलमूलकवृक्षाम्ल-मातुलुङ्गार्द्रकै रसैः ।।६०।।
दाडिमाम्बुसुरामस्तु-काञ्जिकल्लैस्तदर्द्धिकैः । साधयेत्त्रिफलादारु-लवणव्योषदीप्यकैः ।।६१।।
यमानीचव्यहिङ्ग्वम्लवेतसैश्च पलार्द्धिकैः । सिद्धमेतत् पिबेच्छूल-गुल्माशांजठरापहम् ।।६२।।
ब्रध्नपाण्ड्वामयप्लीह-योनिदोषक्रिमिज्वरान् । वातश्लेष्मामयांश्चान्यानुन्मादांश्चापकर्षति ।।६३।।

59-63.Lasunādya Ghṛitam:

Ingredients: Garlic pearls (with their bark peeled off), powdered *daśamūla* herbs, *mūrcchita* cow-*ghṛitam*, juice of garlic, juices of *badarī* fruits, radish, *vṛikṣāmla*, *jambīra* lemon, wet ginger, pomegranate, liquor (prepared from fruits),

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buttermilk, *kānji*, *devadāru*, rock-salt, *triphalā* herbs, *trikaṭu* herbs, caraway, parsley, *cavya*, asafoetida and *āmalaveta*.

Process of Drug-Making: Take garlic pearls (with their bark peeled off) measuring about 2500 gm., half of this measure of the coarsely powdered *daśamūla* herbs and put them in a pitcher containing water measuring about six liters. Boil the preparation till the original quantity is reduced to one fourth. Add to this preparation the following items: *mūrcchita* cow-*ghṛitam* measuring 750 gm., juice of garlic also measuring 750 gm., 375 ml. measure juices of each of *badarī* fruits, radish, *vṛikṣāmla*, the *jambīra* lemon, the wet ginger and pomegranate, liquor (prepared from fruits), buttermilk, and *kānji*, and *kalka* of 23 gm. measures each of *devadāru*, rock-salt, *triphalā* herbs, *trikaṭu* herbs, caraway, parsley, *cavya*, asafoetida and *āmalaveta*. Thereafter decoct the preparation thoroughly as per the *sneha pāka* method.

Method of Use/Administration: Dosage: 6-12 gm. along with warm water.

Therapeutic benefits: This medicine cures one from the diseases like *śūla*, *gulma*, piles, various problems related to gastro intestinal tract, the *bràghna*, anemia, enlargement of liver, various ailments connected with female genital, worms, fever and diseases caused by disordered *vāta* and *kapha* and insanity.

(Cakradatt)

पानीयकल्याणकं घृतम्–

विशाला त्रिफला कौन्ती देवदार्वैलबालुकम् । स्थिरा नतं हरिद्रे द्वे शारिवे द्वे प्रियङ्गुकम् ।।६४।।
नीलोत्पलैलामञ्जिष्ठादन्तीदाडिमकेशरम् । तालीशपत्रं बृहती मालत्याः कुसुमं नवम् ।।६५।।
विडङ्गं पृश्निपर्णी च कुष्ठं चन्दनपद्मकौ । अष्टाविंशतिभिः कल्कैरेतैरक्षसमन्वितैः ।।६६।।
चतुर्गुणं जलं दत्त्वा घृतप्रस्थं विपाचयेत् । अपस्मारे ज्वरे कासे शोषे मन्दानले क्षये ।।६७।।
वातरक्ते प्रतिश्याये तृतीयकचतुर्थके । वम्यर्शोमूत्रकृच्छ्रे च विसर्पोपहतेषु च ।।६८।।
दोषोपहतचित्तानां गदानामल्परेतसाम् । शस्तं स्त्रीणाञ्च बन्ध्यानां वर्णायुर्बलवर्द्धनम् ।।६९।।
अलक्ष्मीपापरक्षोघ्नं सर्वग्रहनिवारणम् । कल्याणाकमिदं सर्पिः श्रेष्ठं पुंसवनेषु च ।।७०।।

64-70. Pānīya Kalyāṇaka Ghṛitam:

Ingredients: *Viśālā*, *triphalā* herbs, *kaunti*, *devadāru*, *elavāluka*, *sthirā*, *nata*, *haridrā*, *dāruharidrā*, *śveta sārivā*, *kṛiṣṇa sārivā*, *priyangu*, *nilotapala*, *elā*, *manjiṣṭhā*, *dantī*, *dāḍima*, *keśara*, *tāliśapatra*, *bṛihatī*, freshly collected flowers of *mālatī*, *viḍanga*, *pṛiśniparṇī*, *kuṣṭha*, *candana* and *padmaka*, water and *mūrcchita ghṛitam*.

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Process of Drug-Making: Take 12 gm. measure each of *viśālā*, *triphalā* herbs, *kaunti*, *devadāru*, *elavāluka*, *sthirā*, ***nata***, ***haridrā***, *dāru haridrā*, *śveta sārivā*, *kṛiṣṇa sārivā*, *priyangu*, *nilotapala*, *elā*, *manjiṣṭhā*, ***dantī***, *dāḍima*, *keśara*, *tāliśapatra*, *bṛihatī*, freshly collected flowers of *mālatī*, *viḍanga*, *pṛiśniparṇī*, *kuṣṭha*, *candana* and *padmaka* and prepare a *kalka* out of them. To this *kalka*, add 3 litres of water and 750 gm. of *mūrcchita ghṛitam* and cook the preparation.

Therapeutic benefits: This medicated *ghṛitam* is useful in the treatment of *apasmāra* (epilepsy), *jvara* (fever), *kāsa* (bronchitis), *śoṣa* (consumption), *mandanāla* (suppression of the power of digestion), *kṣaya* (diminution of tissue elements), *vāta rakta* (gout), *pratiśyāya* (chronic cold), *tṛitīyaka jvara* (fever which occurs on every third day), *caturthaka jvara* (fever which occurs on every fourth day), *vāmi* (vomiting), *arśa* (piles), *mūtrakṛicchra* (dysuria), body itching, anemia, insanity, poisoning, *meha* (obstinate urinary disorders, including diabetes), different types of fever, seizure by evil spirits, lulling speech, lack of self-control and sterility in females. This recipe promotes longevity, complexion and strength. It takes away unconsciousness, sin- produced indispositions, seizure by *rākṣas* and other evil spirits. It serves especially in *pumsavana* (procreation of a male child) ritual as well.

(Caraka)

क्षीरकल्याणकं घृतम्–

द्विजलन्तु चतुःक्षीरं क्षीरकल्याणकन्त्विदम् ।।७१।।

71. Kṣīra Kalyāṇaka Ghṛiam:

This is a slightly changed preparation of the *Pānīya Kalyāṇaka Ghṛitam*. In this the amount of water is kept as only twice of the rest of the herbs in place of four time greater amount as suggested in the *Pānīya Kalyāṇaka Ghṛitam* above. Moreover, milk is added to the preparation in the measure double of water in this formula.

(Cakradatt)

महाकल्याणकं घृतम् (च. द.)–

एभ्यएवस्थिराऽऽदीनिजलेपक्त्वैकविंशतिम् । रसे तस्मिन् पचेत् सर्पिर्घृष्टिक्षीरं चतुर्गुणम् ।।७२।।
वीराद्विमाषकाकोलीस्वयंगुप्तर्षभर्द्धिभिः । मेदया च समैः कल्कैस्तत्तु कल्याणकं महत् ।
बृंहणीयं विशेषेण संनिपातहरं परम् ।।७३।।

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72-73.Mahā Kalyāṇaka Ghṛitam:

Ingredients: *Sthirā, nata, haridrā, dāruharidrā, śveta sārivā, kṛiṣṇa sārivā, priyangu, nīlotpala, elā, manjiṣṭhā, dantī, dāḍima, keśara, tāliśapatra, bṛihatī,* freshly collected flowers of *mālatī, viḍanga, pṛiśniparṇī, kuṣṭha, candana, padmaka, mūrcchita ghṛitam*, milk (of a cow delivering its first calf), *mudgaparṇī, māṣaparṇī, kākolī*, purified seeds of *kraunca, ṛiṣabhaka, ṛiddhi* and *medā.*

Process of Drug-Making: Take 150 gm. measure each of the 21 herbs from the list of the *Pānīya Kalyāṇaka Ghṛita* described above (*sthirā, nata, haridrā, dāru haridrā, śveta sārivā, kṛiṣṇa sārivā, priyangu, nīlotpala, elā, manjiṣṭhā, dantī, dāḍima, keśara, tāliśapatra, bṛihatī*, freshly collected flowers of *mālatī, viḍanga, pṛiśniparṇī, kuṣṭha, candana* and *padmaka*). Prepare a decoction out of them and take750 mg. of *mūrcchita ghṛitam*. Add to it milk (of a cow delivering its first calf) measuring 3 litre of the amount of the *mūrcchita ghṛitam*. Also add to the preparation the *kalka* of *pṛiśniparṇī, mudgaparṇī, māṣaparṇī, kākolī*, purified seeds of *kraunca, ṛiṣabhaka, ṛiddhi* and *medā*, their combined weight measuring 23 gm. each of the *mūrcchita ghṛitam* above.

Therapeutic benefits: This *Mahā Kalyāṇaka Ghṛitam* is a great *rasāyaṇa*. It promotes the strength and stamina. It is also effective in the cases of *sannipātta*.

(Cakradatt)

स्वल्पचैतसघृतम्–

पञ्चमूल्यावकाश्मर्यौ रास्नैरण्डत्रिवृद्बला । मूर्वा शतावरी चेति क्वाथ्यैर्द्विपलिकैरिमैः ।।७४।।
कल्याणकस्य चाङ्गेन तद् घृतं चैतसं स्मृतम् । सर्वचेतोविकाराणां शमनं परमं मतम् ।।७५।।
घृतप्रस्थोऽत्रकर्त्तव्यःक्वाथोद्रोणाम्भसाघृतात् । चतुर्गुणोऽत्रसम्पाद्यःकल्कःकल्याणवेरितः।।७६।।

74-76. Caitasa Ghṛitam:

Ingredients: *Daśamūla* herbs, *kāśmarī, rāsnā, eraṇḍa, ṭrivṛit, balā, mūrvā, śatāvarī*, water and *mūrcchita ghṛitam.*

Process of Drug-Making: Obtain 93 gm. each of the *daśamūla* herbs, *kāśmarī, rāsnā, eraṇḍa, ṭrivṛit, balā, mūrvā* and *śatāvarī* and decoct them in water measuring 12 litre. Cook the preparation till it is reduced to one quarter and strain the liquid. To this decoction thus prepared, *mūrcchita ghṛitam* (750 gm.), as prescribed in the *Kalyāṇaka Ghṛita* above should be added and the recipe should be cooked. For this recipe, 750 gm. of *ghṛitam* should be used and the decoction

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which is prepared by 12 litre of water. The quantity of *kalka* should be the same as prescribed for *Kalyāṇaka Ghṛitam*.

Method of use/Administration: The medicated *Ghṛitam* should be taken in doses of 6-12 gm. along with warm cow milk.

Therapeutic benefits: This is an excellent preparation for all mental disorders.

(Cakradatt)

महापैशाचिकं घृतम्–

जटिला पूतना केशी चारटी मर्कटी वचा । त्रायमाणा जया वीरा चोरकं कटुरोहिणी ।।७७।।
कायस्था शूकरी छत्रा सातिच्छत्रा पलङ्कषा । महापुरुषदन्ता च वयस्था नाकुलीद्वयम् ।।७८।।
कटम्भरा वृश्चिकाली स्थिरा चैव श्रृतं घृतम् । चतुर्थकज्वरोन्माद-ग्रहापस्मार-नाशनम् ।।७९।।
महापैशाचिकं नाम घृतमेतद्यथाऽमृतम् ।।८०।।

77-80. Mahā Paiśācika Ghṛitam:

Ingredients: *Jaṭila*, *pūtanā*, *keśī*, *cāraṭī*, *markaṭī*, *vacā*, *trāyamāṇā*, *jayā*, *vīrā*, *coraka*, *kaṭu rohiṇī*, *kāyastha*, *śūkarī*, *chatrā*, *atichatrā*, *pālañkāṣa*, *mahāpuruṣa*, *dantī*, *vayasthā*, both varieties of *nakulī*, *kaṭambharā*, *vṛiścikālī*, *sthirā*, water and *mūrcchita ghṛitam*.

Process of Drug-Making: Take 185 gm. each of the *jaṭila*, *pūtanā*, *keśī*, *cāraṭī*, *markaṭī*, *vacā*, *trāyamāṇā*, *jayā*, *vīrā*, *coraka*, *kaṭu rohiṇī*, *kāyastha*, *śūkarī*, *chatrā*, *atichatrā*, *pālañkāṣa*, *mahāpuruṣa*, *dantī*, *vayasthā*, both varieties of *nakulī*, *kaṭambharā*, *vṛiścikālī* and *sthirā*. Compound them together as *kalka* along with water and pour this *kalka* into a copper ware containing *mūrcchita ghṛitam* measuring 1 litre as well as water measuring 4 litres. This preparation should be cooked properly as per the *sneha pāka* method.

Method of use/Administration: The medicated *Ghṛitam* should be taken in doses of 6-12 gm.

Therapeutic benefits: This medicated *ghṛitam* cures *cāturthikā jvara* (fever occurring on every fourth day), *unmāda* (insanity), *graha* (affliction by evil spirits) and *apasmāra* (epilepsy). It promotes intellect, wisdom and memory. It also nourishes different limbs of children. This *Mahā Paiśācika Ghṛitam* is like ambrosia itself.

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शिवाघृतम्–

शिवायास्तु सूपूतायाः पञ्चाशत्पलात्पलम् । पञ्च पञ्च समादाय पञ्चमूलीयुगात्पृथक् ।।८१।।
कुट्टयित्वा चतुःषष्टिशरावैरम्भसः पचेत् । ज्ञात्वा पादावशेषेण तेन क्वाथोदकेन च ।।८२।।
क्षीरस्याष्टाभिराज्यस्य शरावाणांचतुष्टयम् । यष्टीमधुक-मञ्जिष्ठा-कुष्ठ-चन्दन-पद्मकैः ।।८३।।
बिभीतकशिवाधात्री-बृहतीतगरपादिकैः । विडङ्ग-दाडिमी-देवदारु-दन्ती-हरेणुभिः ।।८४।।
तालीशकेशरश्यामाविशालाशालपर्णिभिः । प्रियङ्गुमालतीपुष्पकाकोलीयुगलोत्पलैः ।।८५।।
हरिद्रायुगलानन्तामेदैलाहरिवालुकैः । सपृश्निपर्णिकैरेभिः कल्कैरक्षसमान्वतैः ।।८६।।
सिद्धमेतद् घृतं यच्च तन्मे निगदतः शृणु । देवासुरग्रहग्रस्ते मानसे राक्षसक्षते ।।८७।।
गन्धर्वधर्षिते चैव पितृग्रहनिपीडिते । भूतैरप्यभिभूते च पिशाचैश्च परिप्लुते ।।८८।।
भुजङ्गमगृहीते च तथा जाङ्गलभक्षिते । यक्षैरपि परिक्षिप्ते भयैरप्यर्दिते भृशम् ।।८९।।
शस्यते सर्ववाते च सर्वापस्मार एव च । शोषे सोरःक्षते कासे पीनसे च मदात्यये ।।९०।।
मेहे मूत्रग्रहे चैव ज्वरे जीर्णे च शस्यते । वृष्यं बलकरं हृद्यं बन्ध्यानामपि पुत्रदम् ।।९१।।
श्रीविन्ध्यवासिपादेन सिद्धिदं समुदीरितम् । शिवाघृतमिदं नाम्ना शिवायोन्मादिनां सदा ।।९२।।

81-92. Śivāghṛitam:

Ingredients: Flesh of a freshly killed jackal, *daśamūla* herbs, water, milk, *mūrcchita ghṛitam*, *yaṣṭimadhu*, *manjiṣṭhā*, *kuṣṭha*, *candana*, *padmaka*, *vibhītaka*, *śivādhātrī*, *bṛihatī*, *tagara*, *vāyaviḍanga*, bark or seeds of pomegranate, *devadāru*, roots of *dantī*, *hareṇukā*, *tāliśapatra*, *nāgakeśara*, *kṛiṣṇa anantamūla*, *indravāruṇī*, *śālaparṇī*, *priyangu*, flowers of jasmine, *kākolī*, *kṣīrakākolī*, *nīlakamala*, *haridrā*, *dāru haridrā*, *anantamūla*, *medā*, smaller cardamom, *eluvāluka* and *pṛiśniparṇī*.

Process of Drug-Making: Take flesh of a freshly killed jackal in measure of 2500 gm. and 235 gm. each of the *daśamūla* herbs coarsely powdered. Pour them into water measuring 28 litre and boil the preparation till the original quantity is reduced to one-fourth. Strain the liquid. Now obtain the following: milk measuring 3 litre, *mūrcchita ghṛitam* 1500 gm., and 12 gm. measure each of *the yaṣṭimadhu*, *manjiṣṭhā*, *kuṣṭha*, *candana*, *padmaka*, *vibhītaka*, *śivādhātrī*, *bṛihatī*, *tagara*, *vāyaviḍanga*, bark or seeds of pomegranate, *devadāru*, roots of *dantī*, *hareṇukā*, *tāliśapatra*, *nāgakeśara*, *kṛiṣṇa anantamūla*, *indravāruṇī*, *śālaparṇī*, *priyangu*, flowers of jasmine, *kākolī*, *kṣīrakākolī*, *nīlakamala*, *haridrā*, *dāru haridrā*, *anantamūla*, *medā*, smaller cardamom, *eluvāluka* and *pṛiśniparṇī*. Boil all of them thoroughly. Now the *Śivāghṛitam* is ready.

Method of use/Administration: The medicated *Ghṛitam* should be taken in doses of 6-12 gm. along with warm cow milk.

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Therapeutic benefits: This medicine is very helpful in cases of insanity related to fear and angered gods, demons, ancestors, goblins, and evil constellations. This medicine is also effective in checking the insanity caused by the bites of wild animals, different rheumatic problems, epilepsy, consumption, bronchitis, intoxication, *prameha* (i.e. urinary disorders including diabetes), *pīnas*, disuria, chronic fever and the like. This is a great *rasāyaṇa* and aphrodisiac drug. It is a cardiac tonic and is capable to help the sterile women to conceive. This medicine has been suggested for benefit of all by the sage residing in the Vindhyāchala mountains.

शिवातैलम्–

प्रस्थं शृगालमांसस्य त्यक्त्वा मुखनखादिकम् । दशमूलतुलार्द्धञ्च जलद्रोणे विपाचयेत् ।।९३।।
पादशेषे रसे तस्मिन् क्षीरं दत्त्वा चतुर्गुणम् । प्रस्थं च तिलतैलस्य कल्कं दत्त्वा प्रयत्नतः ।।९४।।
पञ्चमूली वचा कुष्ठं शैलेयं शारिवाद्वयम् । धुस्तूरवरुणामूलं भण्टाकी बृहतीद्वयम् ।।९५।।
चित्रकं पिप्पलीमूलं मधुकं सैन्धवं बला । शतपुष्पा देवदारु रास्ना वारणपिप्पली ।।९६।।
मुस्ता तथा शटी लाक्षा चन्दनं च प्रसारणी । एषां च कार्षिकं भागं शनैर्मृद्वग्निना पचेत् ।।९७।।
वातिकं पैत्तिकं चैव श्लैष्मिकं सांनिपातिकम् । उन्मादं सकलं हन्ति वृक्षमिन्द्राशनिर्यथा ।।९८।।
सर्ववातविकारघ्नमेकाङ्गं सर्वसग्रहम् । अपस्मारे ज्वरे कासे हनुस्तम्भार्दितेऽशुभे ।।९९।।
भूतोन्मादे क्रोधोन्मादे ऊर्ध्वजत्रुगदेऽपि च । तैलमेतत्प्रयोक्तव्यं शिवया निर्मितं शुभम् ।।१००।।

93-100. Śivā Tailam:

Ingredients: Flesh of male jackal, *daśamūla* herbs, water, cow's milk, *mūrcchita* sesame oil, barks of *bilva*, *śyoṇāka*, *gambhārī*, *paṭala*, *araṇī* (the *pañcamūla* herbs), *vacā*, *kuṣṭha*, *śaileya*, black and white variety of *anantamūla*, seeds of *dhustūra*, bark of *varuṇā*, *bhanṭākī*, both the larger and smaller *bṛihatī*, *citrakamūla*, *pippalīmūla*, *madhuka*, rock salt, *balā*, aniseeds, *devadāru*, *rāsnā*, *vāraṇapippalī*, *mustā*, *śaṭī*, *lākṣā*, sandalwood and *prasāriṇī*.

Process of Drug-Making: Take 750 gm. measure of the flesh of male jackal (its mouth, nails, etc. should be removed first) and pack it into a piece of cloth. Take all the ten herbs of the *daśamūla* group in equal parts (250 gm. each) to raise 2500 gm. measure of their combined weight. Cook the flesh and the herbs in water measuring 12 litre till the original quantity is reduced to a quarter. Now obtain *mūrcchita* sesame oil (750 ml.) measuring and adding into it the following cook the recipe properly: barks of *bilva*, *śyoṇāka*, *gambhārī*, *pāṭala* and *araṇī* (the *pañcamūla* herbs), *vacā*, *kuṣṭha*, *śaileya*, black and white variety of *anantamūla*, seeds of *dhustūra*, bark of *varuṇā*, *bhanṭākī*, both the larger and smaller *bṛihatī*,

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citrakamūla, *pippalīmūla*, *madhuka*, rock salt, *balā*, aniseeds, *devadāru*, *rāsnā*, *vāraṇapippalī*, *mustā*, *śaṭī*, *lākṣā*, sandalwood, *prasāriṇī*, all of these in 12 gm. measure each.

Method of use/Administration: The medicated oil should be taken in doses of 10-20 gm.

Therapeutic benefits: This *Śivā Tailam* is capable to remove insanity as effectively as lightening destroys the trees. This is also effective in treating such diseases as the stroke, paralysis, epilepsy, fever, breathing troubles, locked jaw, *ardita*, diseases related to the *urdhavajatru*, and insanity caused due to demons and anger. Godess Śivā has suggested this medicine. That is why it is called *Śivā Taila*.

अथ नारायणादितैलोपदेशः–

तैलं नारायणं वाऽपि महानारायणं तथा । हितमत्र प्रयोक्तव्यमिति चक्रेण भाषितम् ।।१०१।।

101. As suggested by physician Chakrapāṇi, the *Nāraina Taila* and *Mahānāraina Taila* prescribed in chapter related to *Vātavyādhī* are also very effective in case of insanity.

उन्मादरोगे पथ्यानि–

स्नेहो विरेको वमनं च पूर्वं क्रमान्मरुत्पित्तकफोद्भवेषु ।
ततः परं बस्तिविधिश्च नस्यं सन्तर्जनं ताडनमञ्जनं च ।।१०२।।
आश्वासनत्रासनबन्धनानि भयानि दानानि च हर्षणानि ।
धूपो दमो विस्मरणं प्रदेहः शिराव्यधः संशमनं च सेकः ।।१०३।।
आश्चर्यकर्माणि च धूमपानं धीधैर्यसत्त्वात्मनिवेदनानि ।
अभ्यञ्जनं स्नापनमासनं च निद्रा सुशीतान्यनुलेपनानि ।।१०४।।
गोधूममुद्गारुणशालयश्च धारोष्णदुग्धं शतधौतसर्पिः ।
घृतं नवीनञ्च पुरातनञ्च कूर्मामिषं धन्वरसा रसालम् ।।१०५।।
पुराणकूष्माण्डफलं पटोलब्राह्मीदलं वास्तुकतण्डुलीयम् ।
खराश्वमूत्रं गगनांबु पथ्या सुवर्णचूर्णानि च नारिकेलम् ।
द्राक्षा कपित्थं पनसं च वैद्यैर्विधेयमुन्मादगदेषु पथ्यम् ।।१०६।।

102-106. Helpful measures and diets (pathyas) in cases of insanity:

In cases of the insanity caused by the disordered *doṣas*, the patient first of all should be administered oil therapy, vomitting (*vamana*), *virecana* (purgation), *basti* therapy, *nasya*, blood letting, fomentation and the like. One should also

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cause actions to make the patient fear, to get him consoled and delighted. He should be beaten, bathed, ointmented, allowed to sleep and smoke. The following edibles are helpful: wheat, *mudga* beans, red variety of *śāli* rice, nature-warm milk, *śatadhauta ghṛitam*, fresh as well as old *ghṛitam*, meat of the tortoise and wild animals and birds, mango fruit, old ash-gourd, *paṭola*, *brāhmī*, *vāstuka* leaves, *tanḍulīya* leaves, urines of ass and horse, rain water, *haraḍa*, *svarṇa bhasma*, coconut fruit, grapes and raisin, jackfruit and *kapittha*.

कामशोकाद्यन्मादरोगेषु पथ्यानि–

कामशोकभयक्रोधहर्षेर्ष्यालोभसंभवान् । परस्परप्रतिद्वन्द्वैरेभिरेव शमं नयेत् ।।१०७।।
इष्टद्रव्यविनाशात्तु मनो यस्योपहन्यते । तस्य तत्सदृशप्राप्त्या सान्त्वाश्वासैश्च तं जयेत् ।।१०८।।

107-108. Pathyas in cases of insanity caused by passion and grief:

The patient of such cases should be offered provisions contrary to the situation disturbing him. Optionally, the insanity caused by sexual passion should be removed by non-desire, the grief related cases should be removed by delighting the patient. The cases of fear-generated insanity could be cured by brave thoughts, anger-generated cases by peace, greed-generated cases by thoughts of donations, and the likewise. If the insanity is caused by loss of some item, the desired items could be provided to the patient.

देवादिकृतोन्मादे पथ्यानि–

देवर्षिपितृगन्धर्वैरुन्मत्तेषु च बुद्धिमान् । त्यजेन्नस्याञ्जनादीनि तीक्ष्णानि क्रूरकर्म च ।।१०९।।
पूजाबल्युपहारशान्तिविधयो होमेष्टमन्त्रक्रियादानं स्वस्त्ययनं व्रतानि नियमः सत्यं जपो मङ्गलम् ।
प्रायश्चित्तविधानमज्जनविधी रत्नौषधीधारणंभूतानामनुरूपमिष्टचरणं गौरीपतेरर्चनम् ।।११०।।
येचस्युर्भुवि गुह्यकाश्च प्रमथास्तेषां समाराधनंदेवब्राह्मणपूजनं च शमयेदुन्मादमागन्तुकम् ।।१११।।

109-111. Useful measures in cases of insanity caused by celestial elements:

If the insanity has been caused due to the anger of gods, seers, deceased ancestors, *gandharvas* and the like, administration of strong and harsh majors such as *nasya* (nasal treatments), strong collyrium, and beating or the like must be avoided. The following measures are useful: worshipping the celestial agency concerned, offering sacrifices and presentations, performing the holy fire rituals (*havana*), chanting of the holy Gāyatrī *mantras*, keeping religious fasts, following the right kind of social conducts and behaviours including being truthful in speech and deeds, performing holy duties and repentations, wearing purposeful and holy

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gems and jewelry, worshipping God Śiva and the holy figures like *Guhyaka* and *Pramāḍhaka* wandering on earth as well as the priests.

उन्मादे चापथ्यानि–

मद्यं विरुद्धाशनमुष्णभोजनं निद्राक्षुधातृट्कृतवेगधारणम् ।
व्यवायमाषाढफलं कठिल्लकं शाकानि पत्रप्रभवाणि सर्वशः ।।११२।।
तिक्तानि बिम्बीं च भिषक् सदा दिशेदुन्मादरोगोपहतेषु गर्हितम् ।।११३।।

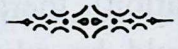
112-113. Avoidable activities during the cases of insanity:

Taking liquor, incompatible foods, taking hot meals, excessive sleeping, holding the calls of nature and hunger and thirst, having intercourse, taking fruits of the *Āṣāḍha* month (rainy seasons), eating *kārvellaka* and leafy vegetables, bitter foods including *kathillaka*, and the like.

इति भैषज्यरत्नावल्यामुन्मादचिकित्साप्रकरणम् ।।२४।।

इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायामुन्मादरोगचिकित्साप्रकरणम् ।।२४।।

End of the Chapter 24 of Bhaiṣajya Ratnāvalī with Commentary



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अथापस्मारचिकित्साप्रकरणम् २५

Chapter 25
Apasmāra

सामान्यचिकित्सा–

वातिकं बस्तिभिः प्रायः पैत्तं प्रायो विरेचनै । श्लैष्मिकं वमनप्रायैरपस्मारमुपाचरेत् ।।१।।

1. *Vātika* type of *apasmāra* should generally be treated with *basti* (medicated enema); *paittika* type of *apasmāra* by *virecana* (purgation) therapy and *kaphaja* type of *apasmāra* by *vamana* (emetic) therapy.

(Cakradatt)

संशमनयोगोपदेशः (च. द.)–

सर्वतः सुविशुद्धस्य सम्यगाश्वासितस्य च । अपस्मारविमोक्षार्थं योगान् संशमनाञ्छृणु ।।२।।

2. The body of the patient suffering from *apasmāra* should first of all be purified by *sanśodhana* (elimination) therapy and he should be adequately consoled. Thereafter, recipes should be administered. These recipes are being described below.

(Cakradatt)

श्वपित्तस्याञ्जनधूपप्रयोगौ–

पुष्योद्धृतं शुनः पित्तमपस्मारघ्नमञ्जनम् । तदेव सर्पिषा युक्तं धूपनं परमं स्मृतम् ।।३।।

3. Fumigation:

The *pitta* of dog should be collected in *Puṣya* constellation. Application of this in the form of *añjana* cures *apasmāra* (epilepsy). Fumigation of this by adding *ghṛitam* is an excellent therapy for the treatment of this condition.

(Cakradatt)

नकुलादीनां मुखादिधूपनम्–

नकुलोलूकमार्जारगृध्रकीटा हिकाकजैः । तुण्डैः पक्षैः पुरीषैश्च धूपनं कारयेद्भिषक् ।।४।।

4. Fumigation with the beak, feather and stool of *nakula*, *ulūka* (owl), *mārjāra* (cat), *gṛidhra* (vulture), *kāṭa*, *ahi* and *kāka* (crow) cures *apasmāra* (epilepsy), *unmāda* (insanity), snake bite, poisoning of different types and unconsciousness

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(lit. death) caused by drowning. In these conditions, the recipe works like ambrosia.

(Cakradatt)

मनोह्वाद्यञ्जनम्–

मनोह्वा तार्क्ष्यजञ्चैव शकृत्पारावतस्य च । अञ्जनं हन्त्यपस्मारमुन्मादञ्च विशेषतः ।।५।।

5. Manohvādi Anjanam:

Application of the *añjana* prepared of *manohvā*, *tārkṣya* and the stool of *pārāvata* cures *apasmāra* (epilepsy). It especially cheks the *unmāda* (insanity).

(Cakradatt)

यष्ट्याद्यं नस्यमञ्जनञ्च (च. द.)–

यष्टिहिङ्गुवचावक्रशिरीषलशुनामयैः । साजामूत्रैरपस्मारे सोन्मादे नावनाञ्जने ।।६।।

6. Yaṣṭyādi Nasayamanjanam:

Ingredients: *Yaṣṭi*, *hingu*, *vacā*, *vakra*, *śirīṣa*, garlic, *kuṣṭha* and goat's urine.

Process of Drug-Making: *Yaṣṭi*, *hingu*, *vacā*, *vakra*, *śirīṣa*, garlic and *kuṣṭha*, should be triturated along with goat's urine.

Method of use/Administration: This recipe should be administered in the form of *nasya* (inhalation) therapy or *añjana*.

Therapeutic benefits: It cures *apasmāra* (epilepsy) and *unmāda* (insanity).

(Cakradatt)

कायस्थाद्यञ्जनवर्त्तिका (च. द.)–

कायस्थाञ्शारदान्मुद्गान्मुस्तोशीरयवाँस्तथा । सव्योषान्बस्तमूत्रेणपिष्ट्वावर्त्तीःप्रकल्पयेत् ।।७।।
अपस्मारे तथोन्मादे सर्पदष्टे गरार्दिते । विषपीते जलमृते चैताः स्युरमृतोपमाः ।।८।।

7-8. Kāysthādya Anjanavarttīka:

Ingredients: Leaves of the herb *kāyastha* (*sambhālū*), *mudga* beans produced in winter season, *mustā*, *uśīra*, *yava*, *ṭrikaṭu* (ginger, pepper and black pepper) and urine of goat.

Process of Drug-Making: Take in equal parts the following: Leaves of the herb *kāyastha* (*sambhālū*), *mudga* beans produced in winter season, *mustā*, *uśīra*, *yava*, *ṭrikaṭu* (ginger, pepper and black pepper). Compound them thoroughly along with urine of goat on some stone slab and prepare wicks out of the preparation.

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Therapeutic benefits: These *varttīkas* (wicks) are helpful like the ambrosia, in treatment of epilepsy, insanity, snake poisoning, and other kinds of poisoning as well as in treating cases of loss of senses due to drowning.

(Cakradatt)

अपेतराक्षस्याद्यद्धर्तनम्–

अपेतराक्षसीकुष्ठपूतनाकेशिचोरकैः । उत्सादनं मूत्रपिष्टैर्मूत्रैरेवावसेचनम् ।।९।।

9. Compound on a stone slab the white variety of *tulasī*, *kuṣṭha*, *pūtanā*, *keśī*, *cauraka*, in equal parts along with the cow-urine. The whole body should be ointmented with this and subsequently, the patient should bathe with cow-urine itself.

(Cakradatt)

अपस्मारहरा लेपाः–

जतुका-शकृता तद्वद्दग्ध्वा वा बस्तलोमभिः । अपस्मारहरो लेपो मूत्रसिद्धार्थशिग्रुभिः ।।१०।।

10.Apasmāraharā Lepa:

Ingredients: Droppings of bat or ashes of the hairs of goat or barks of the plant drum-stick (*śobhāñjana*), white variety of mustard seeds and cow-urine.

Process of Drug-Making: Take the droppings of bat or take ashes of the hairs of goat or barks of the plant drum-stick (*sobhāñjana*) and white variety of mustard seeds and compound them with cow-urine and prepare a *kalka* out of that.

Method of use/Administration: The *kalka* should be used as an ointment.

Therapeutic benefits: It is very effective in checking cases of epilepsy.

(Cakradatt)

वचाचूर्णम्–

यःखादेत्क्षीरभक्ताशी माक्षिकेण वचारजः । अपस्मारं महाघोरं सुचिरोत्थं जयेद् ध्रुवम् ।।११।।

11.Vacā Cūrṇam:

A person who takes the powder of *vacā* along with honey, gets certainly cured of serious type of *apasmāra* even if it has become very chronic. The patient should, however, take only milk and milk preparations.

(Cakradatt)

पाशरज्जुमसीप्रयोगः–

उल्लम्बितनरग्रीवापाशं दग्ध्वा कृता मसी । शीताम्बुना समं पीता हन्त्यपस्मारमुद्धतम् ।।१२।।

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12. The rope used by a person who has committed suicide by hanging should be burnt. Intake of the ash of this rope along with cold water cures serious type of *apasmāra* (epilepsy).

(Cakradatt)

अपस्मारहरं योगत्रयम्–

प्रयोज्यं तैललशुनं पयसा वा शतावरी । ब्राह्मीरसश्च मधुना सर्वापस्मारभेषजम् ।।१३।।

13. Following recipes cure all types of *apasmāra* (epilepsy): 1. Oil and garlic juice (each 10 ml.); 2. Milk (250 ml.) and *śatāvarī* (5-10 gm.); and 3. Juice of *brāhmī* (10 ml.) mixed with honey (10 gm.).

(Cakradatt)

अमरनालिकाप्रयोगः–

निर्दुह्य निर्द्रवां कृत्वा छागिकाऽमरनाडिकाम् । तामम्लसाधितां खादेदपस्मारमुदस्यति ।।१४।।

14. The umbilical chord of a newly born goat should be squeezed and made free from any liquid content. This should be boiled with sour recipes. Intake of this cures *apasmāra* (epilepsy).

(Cakradatt)

कल्याणचूर्णम् (भा. प्र.)–

पञ्चकोलं समरिचं त्रिफला बिडसैन्धवम् । कृष्णाविडङ्गपूतीकयमानीधान्यजीरकम् ।।१५।।
पीतमुष्णाम्बुना चूर्णं वातश्लेष्मामयापहम् । अपस्मारे तथोन्मादेऽप्यर्शसां ग्रहणीगदे ।।
एतत्कल्याणकं चूर्णं नष्टमग्नेश्च दीपनम् ।।१६।।

15-16. Kalyāṇa Cūrṇam:

Ingredients: *Pañcakola* (five hot herbs), *triphalā*, black salt, *pippalī*, *vāya vidanga*, seeds or bark of the *karañja* plant, caraway seeds, coriander seeds and cumin seeds.

Process of Drug-Making: Obtain 12 gm. measure each of the following: *pañcakola* (specific five hot herbs), *triphalā* herbs, black salt, *pippalī*, *vāya vidanga*, seeds or bark of the *karañja* plant, caraway seeds, coriander seeds and cumin seeds. Clean and compound them together and thoroughly.

Method of use/Administration: Take the powder in doses of 1-2 gm. along with warm water.

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Therapeutic benefits: It cures diseases of epilepsy, insanity, piles and sprue (*grahaṇī*). The drug is also capable to promote the digestive power.

(*Bhāvaprakāśa*)

सूतभस्मप्रयोगः–

शङ्खपुष्पी वचा ब्राह्मी कुष्ठमेलारसैः सह ।।१७।।
सूतभस्मप्रयोगोऽयं रक्तिकाद्वयमानतः । सर्वापस्मारनाशाय महादेवेन भाषितः ।।१८।।

17-18. The *bhasma* or *parpaṭī* (flake preparation) of *sūta* (mercury) (250 mg.) should be taken along with powders of *śankhapuṣpī*, *vacā*, *brāhmī* and *kuṣṭha* (each taken in equal parts as measuring 10 gm. in combination) for the cure of *apasmāra* (epilepsy).

(*Rasendra Sār Sangraha*)

इन्द्रब्रह्मवटी (र. सा. सं.)–

मृतसूताभ्रकं तीक्ष्णं तारं ताप्यं विषं समम् । पद्मकेशरसंयुक्तं दिनैकं मर्दयेद् द्रवैः ।।१९।।
स्नुह्यग्निविजयैरण्डवचानिष्पावशूरणैः । निर्गुण्ड्याश्च द्रवैर्मर्द्यं तद्गोलं पाचयेत् पुनः ।।२०।।
कङ्गुनीसर्षपोत्थेन तैलेन गन्धसंयुतम् । ततः पक्त्वा समुद्धृत्य चणमात्रा वटी कृता ।।२१।।
इन्द्रब्रह्मवटी नाम भक्षयेदार्द्रकद्रवैः । दशमूलकषायं च कणायुक्तं पिबेदनु ।
अपस्मारं जयत्याशु यथा सूर्योदयस्तमः ।।२२।।

19-22. Indrabrahma Vaṭī:

Ingredients: *Rasa sindūra*, *abhraka bhasma*, *lauha bhasma*, *rajata bhasma*, purified *viṣa* (poison), *padma keśara*, latex of plant *snuhī*, juices of *citraka*, *vijayā*, *eraṇḍa*, *vacā*, *niṣpāva*, *śūraṇa*, *kāyastha* (*sambhālū*), powder of sulphur, oils of mustard seeds and *kangunī*.

Process of Drug-Making: Take in equal parts the following: *rasa sindūra*, *abhraka bhasma*, *lauha bhasma*, *rajata bhasma*, purified *viṣa* (poison), and *padma keśara*. Compound them thoroughly. Now obtain the latex of plant *snuhī* and juices of *citraka*, *vijayā*, *eraṇḍa*, *vacā*, *niṣpāva*, *śūraṇa* and *kāyastha* (*sambhālū*). Process the above compound through *bhāvanā* method for one day each with all the latex and juices prescribed above separately. Now prepare a lump of the above and dry it and cook it through the *laghu puṭa* method. Add equal amount of powder of sulphur to it and cook it with the oils of mustard seeds and *kangunī*. Finally prepare pills of the shape of gram nuts.

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Method of use/Administration: This medicine is called *Indrabrahma Vaṭī*. One should take theses pills along with the juice of ginger and following that one should take decoction of *daśamūla* herbs treated with powder of pepper.

Note: The pills should weigh 125 mg. each. Moreover, the oil of mustard and *kangunī* should be so little as to only allow the preparation to get consolidated.

Therapeutic benefits: This drug is as effective in removing epilepsy as the sun is effective in removing darkness.

(*Rasendra Sār Sangraha*)

भूतभैरवरसः–

मृतसूताभ्रलौहञ्च शिलागन्धकतालकम् । रसाञ्जनञ्च तुल्यांशं नरमूत्रेण मर्द्दयेत् ।।२३।।
तद्गोलं द्विगुणं गन्धं लौहपात्रे क्षणं पचेत् । पञ्चगुञ्जामितं भक्ष्यमपस्मारहरं परम् ।।२४।।
हिङ्गु सौवर्च्चलं व्योषं नरमूत्रेण सर्पिषा । कर्षमात्रं पिबेच्चानु रसोऽयं भूतभैरवः ।।२५।।

23-25.Bhūta Bhairava Rasa:

Ingredients: *Bhasma* of mercury or *rasa sindūra*, *abhraka bhasma*, *lauha bhasma*, purified *manahśilā*, purified *gandhaka*, purified *haritāla bhasma*, *rasāñjana*, human urine and sulphur.

Process of Drug-Making: Take 25 gm. each of the *bhasma* of mercury or *Rasa sindūra*, *abhraka bhasma*, *lauha bhasma*, purified *manahśilā*, purified *haritāla*, *rasāñjana* and 350 gm. of *gandhaka*. Triturate them along with human urine (50 ml.) for one hour thorough a mortar and compound the preparation. Make a round shape pulp of the preparation and cook it with double amount of the sulphur for a little while and powder the same.

Method of use/Administration: Take doses of 650 mg. of this powder along with honey. Following this, one should take asafoetida powder fried into *ghṛitam*. The powder of asafoetida could be 1 gm. It should be taken after getting it dissolved into 12 gm. measure of human urine and 12 gm. measure of cow *ghṛitam*.

Therapeutic benefits: This *Bhūta Bhairava Rasa* is prescribed for disease of *apasmāra* i.e. epilepsy.

(*Rasendra Sār Sangraha*)

वातकुलान्तकः–

मृगनाभिः शिला नागकेशरं कलिवृक्षजम् । पारदं गन्धकं जातीफलमेलालवङ्गकम् ।।२६।।

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प्रत्येकंकार्षिकञ्चैवश्लक्ष्णचूर्णञ्च कारयेत् । जलेन मर्दयित्वा तु वटीं कुर्याद् द्विरक्तिकाम् ।।२७।।
यथाव्याध्यनुपानेन् योजयेच्च चिकित्सकः । अपस्मारे महाघोरे मूर्च्छारोगे च शस्यते ।।२८।।
वातजान् सर्वरोगांश्च हन्यादचिरसेवनात् । नातः परतरं श्रेष्ठमपस्मारेषु वर्त्तते ।।२९।।
ब्रह्मणा निर्मितः पूर्वं नाम्ना वातकुलान्तकः ।।३०।।

26-30. Vātakulāntaka Rasa:

Ingredients: *Kastūrī*, *manahśilā*, powder of *nāgakeśara*, powder of *vibhītaka* (bark of its fruits), purified *pārada*, purified *gandhaka*, *jātīphala* (nutmeg), smaller cardamom, clove and water.

Process of Drug-Making: Take 12 gm. measure each of the *kastūrī*, *manahśilā*, powder of *nāgakeśara*, powder of *vibhītaka* (bark of its fruits), purified *pārada*, purified *gandhaka*, *jātīphala* (nutmeg), smaller cardamom and clove. First of all, prepare *kajjalī* out of the *pārada* and *gandhaka* and mix the other materials into it. Churn the preparation along with water for one hour. Prepare pills measuring 250 mg. from the same. Dry the recipe.

Methof of Use/Administraiton: Dosage: 250 mg.

Therapeutic benefits: This *Vātakulāntaka Rasa* can be used profitably in different diseases along with different *anupānas*. This is a famous drug for epilepsy as well as for fainting. If taken for long time, the drug can remove all types of *vata* related ailments. No other drug is as effective in epilepsy as this *Vātakulāntaka Rasa*. This medicine has been prescribed by Brahmājī.

(*Rasendra Sār Sangraha*)

चण्डभैरवः (धन्व.)–
मृतसूतार्कलौहञ्च तालं गन्धं मनःशिला । रसाञ्जनञ्च तुल्यांशं गोमूत्रेणापि मर्दयेत् ।।३१।।
तद्गोलाद् द्विगुणं गन्धं लौहपात्रे क्षणं पचेत् । पञ्चगुञ्जामितं भक्ष्यमपस्मारहरं परम् ।।३२।।
हिङ्गु सौवर्चलं कुष्ठं गवां मूत्रेण सर्पिषा । कर्षमात्रं पिबेच्चानु रसेऽस्मिंश्चण्डभैरवे ।।३३।।

31-33. Canḍa Bhairava Rasa:

Ingredients: *Bhasma* of mercury or *rasa sindūra*, *tāmra bhasma*, *lauha bhasma*, purified *manahśilā*, purified *gandhaka*, purified *haritāla*, *rasāñjana* and cow urine.

Process of Drug-Making: Take 12 gm. measure of the *bhasma* of mercury or *rasa sindūra*, *tāmra bhasma*, *lauha bhasma*, purified *manahśilā*, purified *gandhaka*, purified *haritāla*, and *rasāñjana*. Process them with cow urine for three hours thorough a mortar and compound the preparation. Make a round shape pulp

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of the preparation and cook it with double amount of the sulphur for a little while and powder the same.

Method of use/Administration: Take doses of 625 mg. (initial dose, 125 mg.) of this powder along with honey. Following this, one should take as *anupāna* 125 mg. measure of asafoetida powder fried into *ghṛitam*, 125 mg. of the *sauncar* salt and 250 mg. measure of *kuṣṭha* powder mixed with 6 gm. measure of cow-urine as well as *ghṛitam*.

Therapeutic benefits: Taking daily this drug *Canḍa Bhairava Rasa* proves a very effective cure to the disease *apasmāra* i.e. epilepsy.

कूष्माण्डघृतम्–

कूष्माण्डस्वरसे सर्पिरष्टादशगुणे पचेत् । यष्ट्याह्वकल्कं तत्पानमपस्मारविनाशनम् ।।३४।।

34. Kuṣmāṇḍa Ghṛitam:

Ingredients: *Mūrcchita ghṛitam*, juice of *Kūṣmāṇḍaka* and *yaṣṭi*.

Process of Drug-Making: This is a *ghṛitam* based formula. *Mūrcchita ghṛitam* (one litre) should be boiled with the juice of *kūṣmāṇḍa* (eighteen litres) and the *kalka* of *yaṣṭi* (250 gm.).

Methof of Use/Administraiton: Dosage: 6-12 gm.

Therapeutic benefits: Intake of this cures *apasmāra* (epilepsy).

(Cakradatt)

ब्राह्मीघृतम् (भा. प्र.)–

ब्राह्मीरसवचाकुष्ठशङ्खपुष्पीश्रृतं घृतम् । पुराणं स्यादपस्मारोन्मादग्रहहरं परम् ।।३५।।

35. Brāhmī Ghṛitam:

Ingredients: Old *mūrcchita ghṛitam*, juice of *brāhmī*, *vacā*, *kuṣṭha* and *śankhapuṣpī*.

Process of Drug-Making: This is a *ghṛitam* based formula. Boil old *mūrcchita ghṛitam* (one litre) with the juice of *brāhmī* (four litres) and one quarter litre measure *kalka* of the following taken in equal parts (i.e. 85 gm.): *vacā*, *kuṣṭha* and *śankhapuṣpī*.

Methof of Use/Administraiton: Dosage: 6-12 gm.

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Therapeutic benefits: Intake of such medicated *ghṛitam* helps in promoting intellect. It cures *unmāda* (insanity), *graha* (seizures by antagonistic celestial agents) and *apasmāra* (epilepsy).

(*Bhāvaprakāśa*)

पञ्चगव्यं घृतं (स्वल्पम्)–

गोशकृद्रसदध्यम्लक्षीरमूत्रैः समैर्घृतम् । सिद्धं चातुर्थकोन्मादग्रहापस्मारनाशनम् ।।३६।।

36. Pañca Gavya Ghṛitam:

Ingredients: *Mūrcchita ghṛitam*, juice of cow dung, sour curd, milk and cow's urine.

Process of Drug-Making: This is a *ghṛitam* based formula. Boil *mūrcchita ghṛitam* (one litre) with equal quantity of each of the juice of cow dung, sour curd, milk and cow's urine.

Methof of Use/Administraiton: Dosage: 5-10 gm.

Therapeutic benefits: This preparation cures *cāturthika jvara* (fever which occurs on every fourth day), *unmāda*, *graha* and *apasmāra*.

(Cakradatt)

पञ्चगव्यं घृतम् (बृहत्)–

द्वे पञ्चमूले त्रिफलां रजन्यौ कुटजत्वचम् । सप्तपर्णमपामार्गं नीलिनीं कटुरोहिणीम् ।।३७।।
शम्पाकं फल्गु मूलञ्च पौष्करं सदुरालभम् । द्विपलानि जलद्रोणे पक्त्वा पादावशेषिते ।।३८।।
भार्गीं पाठां त्रिकटुकं त्रिवृतां निचुलानि च । श्रेयसीमाढकीं मूर्वां दन्तीं भूनिम्बचित्रकौ ।।३९।।
द्वेशारिवेरोहितकंभूतीकंमदयन्तिकाम् । क्षिपेत्पिष्ट्वाऽक्षमात्राणि तैः प्रस्थं सर्पिषः पचेत् ।।४०।।
गोशकृद्रसदध्यम्लक्षीरमूत्रैश्च तत्समैः । पञ्चगव्यमिदं ख्यातं महत्तदमृतोपमम् ।।४१।।
अपस्मारे ज्वरे कासे श्वयथाबुदरे तथा । गुल्मार्थःपार्श्वरोगेषु कामलायां हलीमके ।।
अलक्ष्मीग्रहरक्षोघ्नं चातुर्थकविनाशनम् ।।४२।।

37-42. Pañca Gavya Ghṛitam (Major Recipe):

Ingredients: *Daśamūla*, *triphalā*, *haridrā*, *dāru haridrā*, bark of *kuṭaja*, *saptaparna*, *apāmārga*, *nīlinī*, *kaṭurohiṇī*, fruit of *śampāka*, *puṣkaramūla*, *durālabhā*, water, *Bhārgī*, *pāṭhā*, *trikaṭu*, *trivṛit*, *nicula*, *śreyasī*, *māgadhī*, *mūrvā*, *dantī*, *bhūnimba*, *citraka*, *śveta sārivā*, *kṛiṣṇa sārivā*, *rohītaka*, *bhūtīka*, *madayantikā*, *mūrcchita ghṛitam*, juice extracted from cow dung, sour curd, milk and cow's urine.

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Process of Drug-Making: Take 93 gm. each of *daśamūla*, *triphalā*, *haridrā*, *dāru haridrā*, bark of *kuṭaja*, *saptaparṇa*, *apāmārga*, *nīlinī*, *kaṭu rohiṇī*, fruit of *śampāka*, *puṣkaramūla* and *durālabhā*. Boil these ingredients in one 12 litre measure of water until the original quantity is reduced to one-fourth. To this, add the *kalka* prepared by taking 12 gm. each of *bhārgī*, *pāṭhā*, *trikaṭu*, *trivṛit*, *nicula*, *śreyasī*, *māgadhī*, *mūrvā*, *dantī*, *bhūnimba*, *citraka*, *śveta sārivā*, *kṛiṣṇa sārivā*, *rohītaka*, *bhūtīka*, and *madayantikā*. Also add to it 750 gm. each of *mūrcchita ghṛitam*, juice extracted from cow dung, sour curd, milk and cow's urine and cook the preparation methodologically.

Methof of Use/Administraiton: Dosage: 6-12 gm. along with warm cow milk.

Therapeutic benefits: The medicated *ghṛitam* thus obtained is known as *Mahā Pañca Gavya* and it is like ambrosia. It cures *apasmāra* (epilepsy), *jvara* (fever), *kāsa* (bronchitis), *svāyathu* (edema), *udara* (abdominal diseases including ascites), *gulma* (phantom tumour), *arśas* (piles), *pāṇḍu* (anemia), *kāmalā* (jaundice), *halīmaka* (another type of chronic jaundice), unconsciousness, *graha* (seizures by evil spirits) and *cāturthika jvara* (fever which occurs on every fourth day).

(Cakradatt)

महाचैतसघृतम्–

शणस्त्रिवृत्तरथैरण्डोदशमूलीशतावरी । रास्ना मागधिका शिग्रुः क्वाथ्यं द्विपलिकं भवेत् ।।४३।।
विदारी मधुकं मेदे द्वे काकोल्यौ सिता तथा । एभिः खर्जूरमृद्वीकाभीरुयुञ्जातगोक्षुरैः ।।४४।।
चैतसस्य घृतस्याङ्गैः पक्तव्यं सर्पिरुत्तमम् । महाचैतससंज्ञं तु सर्वापस्मारनाशनम् ।।४५।।
गरोन्मादप्रतिश्यायतृतीयकचतुर्थकान् । पापालक्ष्मीं जयेदेतत्सर्वग्रहनिवारकम् ।।४६।।
श्वासकासहरञ्चैव शुकार्त्तवविशोधनम् । घृतमानं क्वाथविधिरिह चैतसवन्मतः ।।४७।।
कल्कश्चैतसकल्कोक्तद्रव्यैः सार्धञ्च पादिकः । नित्यं युञ्जातकाप्राप्तौ तालमस्तकमिष्यते ।।४८।।

43-48. Mahā Caitasa Ghṛitam:

Ingredients: *Śaṇa*, *trivṛit*, *eraṇḍa*, *daśamūla*, *śatāvarī*, *rāsnā*, *māgadhīka*, *śigru*, *vidārī*, *madhuka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *sita*, *kharjūra*, *mṛidvīkā*, *abhiru*, *yunjāta*, *gokṣura* and *mūrcchita ghṛitam*.

Process of Drug-Making: Obtain 93 gm. each of *śana*, *trivṛit*, *eraṇḍa*, *daśamūla*, *śatāvarī*, *rāsnā*, *māgadhīka* and *śigru*. Decoct these materials. Prepare a *kalka* out of *vidārī*, *madhuka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *sita*, *kharjūra*,

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mṛidvīkā, *abhiru*, *yunjāta* and *gokṣura* (each taken in equal quantity i.e. 10 gm.). *Mūrcchita ghṛitam* etc, should be added to this recipe according to the quantity prescribed for *Caitasa Ghṛitam*(i.e. 750 gm. each).

Like *Caitasa Ghṛitam*, the quantity of *mūrcchita ghṛitam* in this recipe should be same as the quantity of decoction. *Kalka* should be one-fourth of the *mūrcchita ghṛitam* in quantity. If *yunjāta* mentioned in this recipe is not available, then *tāla mastaka* (upper portion of a palm tree) can be used in its place.

Methof of Use/Administraiton: Dosage: 6-12 gm. along with warm cow milk.

Therapeutic benefits: It cures all types of *apasmāra* (epilepsy), effects of poisoning, *unmāda* (insanity), *pratiśyāya* (chronic cold) and *tṛitīyaka jvara* (fever which occurs on every third day), *caturthaka jvara* (fever which occurs on every forth day), *pāpa roga*, indisposed appearance, *graha* (seizures by evil spirits), *śvāsa* (asthma) and *kāsa*. It promotes *śukra* (semen including sperm) and restores the *ārtava* (mensuration).

(Cakradatt)

दशमूलीक्वाथ-कल्याणघृतयोः प्रयोगः (भा. प्र.)–

हृत्कम्पोऽक्षिरुजायस्यस्वेदोहस्तादिशीतता । दशमूलीजलं तस्य कल्याणाज्यं च योजयेत् ।।४९।।

49. If the patient of *apasmāra* has fibrillation in the heart, pain in his eyes, sweating over the body and a feeling of coldness in hands and legs, he should take decoction of *daśamūla* herbs. He should also lick the *Kalyāṇa Ghṛitam*. This preparation should be used for massaging his body as well.

वस्तमूत्राद्यं तैलम्–

अभ्यङ्गे सार्षपं तैलं बस्तमूत्रे चतुर्गुणे । सिद्धं स्याद् गोशकृन्मूत्रैः स्नानोत्सादनमेव च ।।५०।।

50. Vastamūtrādyam Tailam:

Ingredients: *Sarṣapa* oil and goat's urine.

Process of Drug-Making: This is an oil based formula. Boil *Sarṣapa* oil (1 litre) with 4 litre of goat's urine.

Method of use/Administration: Use the medicated oil for massaging. The patient suffering from epilepsy should get his body coated this *kalka* and he should bath with cow urine itself.

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Therapeutic benefits: This medication cures epilepsy (*apasmāra*).

(Cakradatt)

पलङ्कषाद्यं तैलम्–

पलङ्कषावचापथ्यावृश्चिकाल्यर्कसर्षपैः । जटिलापूतनाकेशीनाकुलीहिङ्गुचोरकैः ।।५१।।
लशुनातिरसाचित्राकुष्ठैर्विड्भिश्च पक्षिणाम् । मांसाशिनां यथालाभं बस्तमूत्रे चतुर्गुणे ।।५२।।
सिद्धमभ्यञ्जनात्तैलमपस्मारविनाशनम् ।।५३।।

51-53. Palañkṣādya Taila:

Ingredients: *Palañkaṣa*, *vacā*, *pathyā*, *arka*, *vṛiscikali*, *sarṣapa*, *jaṭila*, *pūtanā*, *keśī*, *lāngalī*, *coraka*, garlic (*laśuna*), *citraka*, *kuṣṭha*, stool of birds and *mūrcchita* oil.

Process of Drug-Making: Prepare one quarter litre *kalka* out of the following materials taken in equal parts (i.e. 15 gm. each): *palañkaṣa*, *vacā*, *pathyā*, *arka*, *vṛiscikāli*, *sarṣapa*, *jaṭila*, *pūtanā*, *keśī*, *lāngalī*, *coraka*, garlic (*laśuna*), *citraka*, *kuṣṭha* and stool of birds which feed on meat (as much as possible). Also take *mūrcchita* oil measuring four times greater than the *kalka* (i.e. 1 litre) and urine of goat measuring four times greater than the oil (4 litres). Collect all these materials in a metallic pan and cook them methodologically to obtain medicinal oil.

Method of use/Administration: The medicated oil thus obtained should be used for massaging.

Therapeutic benefits: This cures *apasmāra* (epilepsy).

(Cakradatt)

अपस्माररोगे पथ्यापथ्यविधिः–

उन्मादेषु यदुद्दिष्टं पथ्यं नस्याञ्जनौषधम् । अपस्मारेऽपि तत्सर्वं प्रयोक्तव्यं भिषग्वरैः ।।५४।।

54. The wise physicians have suggested that all the *nasya* (nasal) therapy, *añjana* (collyrium) theapy, and drugs prescribed in the case of insanity can be also used for treatment of epilepsy as well.

तत्रादौ पथ्यानि–

नस्यं सिराव्यधो दानं त्रासनं बन्धनं भयम् । तर्ज्जनं ताडनं हर्षो धूमपानञ्च विस्मयः ।।५५।।
धीधैर्यात्मादिविज्ञानंस्नानमभ्यञ्जनानि च । लोहिताः शालयो मुद्गा गोधूमाः प्रतनं हविः ।।५६।।
कूर्मामिषं धन्वरसा दुग्धं ब्राह्मीदलं वचा । पटोलं वृद्धकूष्माण्डं वास्तूकं स्वादुदाडिमम् ।।५७।।
शोभाञ्जनं पय पेटी द्राक्षा धात्री परूषकम् । तैलं खराश्वमूत्रञ्च गगनाम्बु हरीतकी ।।५८।।

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अपस्मारगदे नृणां पथ्यमेतदुदीरितम् ।।५९।।

55-59. The helpful measures for the cases of epilepsy include the following: nasal therapy, *śirā vedhana* (cutting of the veins), giving donations, beating, use of fear, use of force, smoke therapy, demonstration of amazing scenes, consolation, bathing, ointment of oily substances, and the like. The helpful meals for the patients of epilepsy include the red variety of *śāli* rice, *mudga* beans, wheat, flash of tortoise, juice of wild animals and birds, milk, *brāhmī patra*, *vacā*, *paṭola patra*, ash gourd, *vāstuka* leaves, sweet pomegranate, *śobhāñjana* (drum-sticks), coconut, grapes, *āmalakī*, *paruṣka*, sesame oils, urines of ass and horse, rain water and *harītakī*.

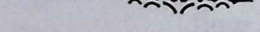
अपथ्यानि–

चिन्तांशोकं भयं क्रोधमशुचीन्यशनानि च । मद्यं मत्स्यं विरुद्धान्नं तीक्ष्णोष्णागुरुभोजनम् ।।६०।।
अतिव्यवायमायासं पूज्यपूजाव्यतिक्रमम् । पत्रशाकानि सर्वाणि बिम्बीमाषाढकं फलम् ।।
तृषानिद्राक्षुधावेगमपस्मारी परित्यजेत् ।।६१।।
तोयावगाहनं शैलद्रुमाध्यारोहणं तथा । इत्यादीनि स्मृतिध्वंसे वर्जनीयानि यत्नतः ।।६२।।

60-62. The harmful measures and meals for the cases of epilepsy include the following: grief, brooding, fear, anger, taking unclean eatables, liquor, fishes, unwholesome and incompatible foods, very hot, sour and heavy to digest foods, excessive intercourse and exercising, violating the honour of the deceased elderly, gods and other respectable agencies, all kinds of vegetable leaves, *bimbī* leaves, rainy season fruits, holding the urge of sleep and thirst, sitting inside water, mounting on trees and hills, and the like.

इति भैषज्यरत्नावल्यामपस्मारचिकित्साप्रकरणम् ।।२५।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायामपस्मारचिकित्साप्रकरणम् ।।२५।।

End of the Chapter 25 of Bhaiṣajya Ratnāvalī with Commentary



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अथ वातव्याधिचिकित्साप्रकरणम् २६

Chapter 26
Vāta vyādhī

Note: The specific diseases which can be caused by vitiated *vāta* has been referred to as the *vāta vyādhī* i.e. the *vyādhī* (diseases) caused by *vāta* disorder. It includes a number of other classifications including *ardita* (facial paralysis), *pakṣaghāta* (paralysis of one side), *khanja vāta* (lameness), *gṛidharasī* (sciatica), *viśvāci* (brachial neuralgia), *sandhighaṭa vāta* (arthritis), *krośṭuka śīrśa* (arthritis of knee joint), *manyāstambha* (torticolis), *hanustambha* (lock jaw), *vāta kaṇṭaka* (sprain of the ankle), *kaṭiśūla* (lumbago), *kampa vāta* (tremors), *ākṣepaka* (convulsions) and the like-Translator.

वातरोगे सामान्यविधिः–

स्वाद्वम्ललवणैः स्निग्धैराहारैर्वातरोगिणः । अभ्यङ्गस्नेहबस्त्याद्यैः सर्वनिवोपपादयेत् ।।१।।

1. The patient suffering from different types of *vāta vyādhī* should be treated with tasteful, citrus, salty and oily edibles. He should also be administered the *basti* therapy as well as massaging.

वातहरः प्रदेहः–

कोलं कुलत्थाःसुरदारुरास्नामाषातसीतैलफलानिकुष्ठम् ।
वचा शताह्वायवचूर्णमम्लमुष्णानि वातामयिनां प्रदेहः ।।२।।

2. *Kolādi Pradeha*: Application of hot ointment prepared of *kola. kulattha*, *suradāru*, *rāsnā*, *māṣa*, oil seeds of *umā*, *kuṣṭha*, *vacā*, *śatāhvā*, barley (*yava*) powder and sour juices (15-20 gm. each) is useful for patients suffering from *vātika* diseases.

(Cakradatt)

तैलकाञ्जिकद्रोण्यवगाहनम्–

पक्षाघातं कटिहनुशिरः कर्णनासाऽक्षितालुग्रीवाग्रन्थिप्रबलमनिलं सार्दितं सापतानम् ।
मूत्राघातं ग्रहणिगलरुक् श्वाससर्वाङ्गकम्पंतैलद्रोणी हरति न चिरात् काञ्जिकद्रोणिका च ।।३।।

3. Make the patient sit in a tub filled with sesame oil and *kānji*. This oil and *kānji* helps in curing the disordered *vāta* which causes paralysis, *vāta roga*

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connected with waist, jaw, head, ear, nose, eyes, palate, throat and glands, *ardita*, retention of urine, *grahaṇī*, throat pains, bronchitis and tremors in different parts of body.

तैलं घृतं चार्द्रकमातुलुङ्ग्या रसं च चुक्रं सगुडं पिबेद्वा ।
कट्यूरुपृष्ठत्रिकगुल्मशूलगृध्रस्युदावर्त्तहरः प्रयोगः ।।४।।

4. Taking a mix of equal parts of oil, *ghṛitam*, ginger juice and juice of *jambīra* lemon along with *cukra* or jaggery is effective in checking rheumatic pains of the waist, thighs, back and temple. It also removes away *gulma*, colic pain, sciatica and *udāvarta*.

पञ्चमूलीबलाक्षीरम्–

पञ्चमूलीबलासिद्धं क्षीरं वातामये हितम् ।।५।।

5. Pañcamūlī Balākṣīram:

Milk boiled with the *vṛihat pañcamūla* (*bilva*, *śyoṇāka*, *gambhārī*, *pāṭala* and *ganikarika*) and *balā* is useful in diseases caused by *vāta*.

(Cakradatt)

कोष्ठादिगतवातचिकित्सा–

विशेषतस्तु कोष्ठस्थे वाते क्षारं पिबेन्नरः । आमाशयस्थे शुद्धस्य यथारोगहरी क्रिया ।।६।।

6. If the vitiated *vāta* gets accumulated in stomach, one should take acidic drugs. The treatment of *vāta roga* should start after cleaning the pot.

आमाशयगतवातचिकित्सा–

आमाशयगते वाते छर्दिताय यथाक्रमम् । रूक्षः स्वेदो लङ्घनञ्च कर्त्तव्यं वह्निदीपनम् ।।७।।

7. If there is a disorder due to vitiated *vāyu* accumulated in stomach, the patient should vomit first. After that he should be administered the *rūkṣa* and *saveda* type of *langhaṇa* (fasting).

(Suśruta)

आमाशयगतवातचिकित्सार्थं श्लोकोऽयं–

चक्रदत्ते त्वित्थम्–

आमाशयगते वाते छर्दिताय यथाक्रमम् । देयः षड्धरणो योगः सप्तरात्रं सुखाम्बुना ।।८।।

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8. If the vitiated *vāta* is disturbing the stomach, the patient should be subjected to vomitting and after that he should be served with *ṣaḍadharaṇa yoga* (suggested below) along with lukewarm water.

षड्धरणयोगः (च. द.)–

चित्रकेन्द्रयवाः पाठाकटुकाऽतिविषाऽभयाः । महाव्याधिप्रशमनो योगः षड्धरणः स्मृतः ।।९।।
पलदशमांशो धरणं योगोऽयं सौश्रुतस्ततस्तस्य । मापेण पञ्चगुञ्जकमानेन प्रत्यहं देयः ।।१०।।

9-10. *Ṣaḍadharaṇa Yoga* (definition): The *ṣaḍa* (six) herbs that are involved in *ṣaḍadharṇa* formula relates to the combination of *citraka* roots, *indrayava*, *pāṭhā*, *kaṭukī*, *ativiṣā* and peels of *vibhītakī* fruits. Suśruta, the great physician, has suggested to prepare doses of this formula in measurement of 4000 mg.

(Cakradatt)

पक्वाशयगतवातचिकित्सा–

पक्वाशयगते वाते हितं स्नेहविरेचनम् । बस्तयः शोधनीया याः प्राशाश्च लवणोत्तराः ।।११।।

11. Treatment of disordered vāta accumulated in pakvāśaya.

If the vitiated *vāta* is accumulated in the *pakvāśaya* the *virecana* (purgation) therapy should be applied using the oil of *eraṇḍa*. After that *śodhana* type of *basti* therapy should be performed. The patient should take a salty confections i.e. *sneha lavaṇa*.

(Cakradatt)

स्नेहलवणम् (च. द.)–

स्नुहीलवणवार्त्ताकुस्नेहाँश्छन्ने घटे दहेत् । गोमयैः स्नेहलवणं तत्परं वातनाशनम् ।।१२।।

12. Sneha Lavaṇam:

Ingredients: Latex of plant *snuhī*, all five types of salts, brinjal and all four kinds of oily edibles (*ghṛitam*, oil, marrow and fat).

Process of Drug-Making: Take all the ingredients in equal parts. Pour these into an earthen pitcher and cook the preparation with a smokeless fire obtained from wild reeds.

Method of use/ Administration and Therapeutic benefits: This preparation is named as *Sneha Lavaṇam*. Doses of 1-2 gm. measure of this medicinal salt is taken. It is very effective in checking *vāta* related indispositions.

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(Cakradatt)

बस्त्यादिगतवातचिकित्सा–

कार्यो बस्तिगते वाऽपि विधिर्बस्तिविशोधनः ।
त्वाङ्मांसासृक्शिराप्राप्ते कुर्याच्चासृग्विमोक्षणम् ।।१३।।

13. If the vitiated *vāyu* is accumulated in *basti* (under belly). One should apply the *basti* therapy. If the same is accumulated in the skin, flesh, blood and in veins, application of blood-letting therapy is prescribed.

(Cakradatt)

स्नाय्वादिगतवातचिकित्सा–

स्नेहोपनाहाग्निकर्मबन्धनोन्मर्दनानि च । स्नायुसन्ध्यस्थिसम्प्राप्ते कुर्याद्घाते विचक्षणः ।।१४।।

14. If *vāyu* afflicts ligaments, joints and bones, then the patient should be administered fomentation, *upanāha* (application of hot ointment), *agni karma* (cauterization), *bandhana* (binding), and *mardana* (kneading therapies).

(Cakradatt)

त्वगाश्रितवातचिकित्सा–

स्वेदाभ्यङ्गावगाहांश्च हृद्यं चान्नं त्वगाश्रिते ।।१५।।

15. The deposition of vitiated *vāta* in the skin can be treated through *svedana* therapy or through ointment and bathing. One should also take the meals that invigourate heart.

(Cakradatt)

रक्तगतवातचिकित्सा–

शीताः प्रदेहा रक्तस्थे विरेको रक्तमोक्षणम् ।।१६।।

16. The accumulation of vitiated *vāta* in blood should be treated by application of such materials as sandalwood that has cold properties in them. Such materials should be used in the *virecana* (purgation) therapy and bloodletting.

मांसमेदोऽस्थिमज्जगतवातचिकित्सा–

विरेको मांसमेदःस्थे निरूहाः शमनानि च । बाह्याभ्यन्तरतः स्नेहैरस्थिमज्जागतं जयेत् ।।१७।।

17. If the vitiated *vāta* has been deposited in flesh and fat of the body the *virecana* (purgation) therapy and *niruhaṇa* type of *basti* therapy have been prescribed. If the vitiated *vāta* is affecting bones and marrow, *virecana* (purgation)

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and *niruhaṇa* type of *basti* and pacifying (*śamana*) therapy applied. In the indisposition, external and internal *sneha* therapy should also be applied.

(Cakradatt)

शुक्रगतवातचिकित्सा–

हृद्यान्नपानंशुक्रस्थेशुक्रस्थेबलशुक्रकरं हितम् । विवद्धमार्गं शुक्रन्तु दृष्ट्वा दद्याद्विरेचनम् ।।१८।।

18. If the vitiated *vāta* has affected the semen deposit one should take edibles that invigourates heart and serve as a nutrient. If the passage of discharging semen has been blocked one should apply the *virecana* (purgation) therapy.

गर्भगतवातचिकित्सा–

गर्भे शुष्के तु वातेन बालानाञ्चापि शुष्यताम् । सितामधुककाश्मर्यैर्हितमुत्थापने पयः ।।१९।।

19. If the *vāta* has affected the fetus or a young child one should treat this indisposition by milk treated with the barks of plant *gambhārī* and *madhuka*.

(Cakradatt)

शिरोगतवातचिकित्सा–

शिरोगतेऽनिले वातशिरोरोगहरी क्रिया ।।२०।।

20. If the vitiated *vāta* is affecting the head the patient should be treated with those formulas that have been prescribed for headaches.

(Cakradatt)

व्यादितास्यचिकित्सा–

व्यादितास्ये हनुं स्विन्नामङ्गुष्ठाभ्यां प्रपीड्य च । प्रदेशिनीभ्याञ्चोन्नम्य चिबुकोन्नमनं हितम् ।।२१।।

21. If there is condition of locked jaw (in such condition the mouth of patient remains open forever). The *svedana* (sweating) therapy should be applied over the jaw and it should be pressed by thumbs. The jaw should be lifted with the index fingers as well.

(Cakradatt)

अर्दितचिकित्सा–

रसोनकल्कं नवनीतमिश्रं खादेन्नरो योऽर्दितरोगयुक्तः ।
तस्यार्दितं नाशयतीह शीघ्रं वृन्दं घनानामिव मातरिश्वा ।।२२।।

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22. Treatment of *ardita* (facial paralysis): The patient should take 12 gm. measure of butter along with 3 gm. measure of *kalka* of garlic pearls. Taking this medicine for some days checks the paralysis. This medicine works as effective as fast winds removes away the clouds in the sky.

(*Bhāvaprakāśa*)

माषेण्डरीप्रयोगः–

आदते नवनीतेन खादेन्माषेण्डरीं नरः । क्षीरमांसरसैर्भुक्त्वा दशमूलीरसं पिबेत् ।।२३।।

23. The patient of *ardita* should take *urada baḍha* (a dish made out of powder of *urada* beans) that has been treated with butter. Following that he should take meals involving milk and meat soups. In the afternoon the patient should take decoction of the *daśamūla* herbs.

(Cakradatt)

स्वेदाभ्यङ्गशिरोबस्त्यादिविधानम्–

स्वेदाभ्यङ्गशिरोबस्तिपाननस्यपरायणः । अर्दितं स जयेत्सर्पिः पिबेदौत्तरभक्तिकम् ।।२४।।

24. After the application of *svedana* (sweating) therapy, ointment of anti-*vātik* oils, blood letting and after taking oily substances and drinks one should take *ghṛitam*. This measure also cures facial paralysis.

(Cakradatt)

मन्यास्तम्भचिकित्सा–

पञ्चमूलीकृतःक्वाथो दशमूलीकृतोऽथवा । रूक्षः स्वेदस्तथा नस्यं मन्यास्तम्भे प्रशस्यते ।।२५।।

25. Treatment of *Manyāstambha* (Torticolis): The patient should take the decoction of *daśamūla* herbs or decoction of *pañcamūla* herbs. The nasal therapy (*nasya*) and *rūkṣa* type of *svedana* therapy are also to be applied.

(Cakradatt)

ग्रीवास्तम्भचिकित्सा–

कटुतैलेनाभ्यक्तेलिप्तेकल्केनवाजिगन्धायाः । शाम्येद् ग्रीवास्तम्भः शूलं महदप्यनायासम् ।।२६।।

26. Paralysis of neck: patient of this indisposition should first of all get his neck massaged with mustard oil. After that there should be a coating of *kalka* made out of *aśvagandhā* leaves.

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वातदुष्टवाग्घमनीचिकित्सा–

वाताद् वाग्घमनीदुष्टौ स्नेहगण्डूषधारणम् ।।२७।।

27. Paralysis of veins: the patient of this indisposition as well as one who has struck by paralysis of tongue should gargle (take *gaṇḍus*) with oil that has anti-*vātik* properties.

(Cakradatt)

वक्षस्त्रिकादिगतवातचिकित्सा (च. द.)–

वक्षस्त्रिकस्कन्धगतं वायुं मन्यागतं तथा । वमनं हन्ति नस्यं च कुशलेन प्रयोजितः ।।२८।।

28. Ailments caused by the affliction of chest, *ṭrika* (lumbosacral joint), shoulders and sterno-mastoid region by *vāta* can be cured by *vamana* (emetic) and *nasya* (inhalation) therapies administered by an expert physician.

(Cakradatt)

दशमूल्यादिक्वाथो विश्वाच्यवबाहुकयोः (च. द.)–

दशमूलीबलामाषक्वाथं तैलाज्यमिश्रितम् । सायं भुक्त्वा पिबेन्नस्यं विश्वाच्यामवबाहुके ।।२९।।

29. In the evening, the patient suffering from *ardita*, *avabāhuka* and *hanustambha* should use *nasya* (inhalation) therapy after taking the decoction of *daśamūla*, *balā* and *māsa* (taken in equal parts and raised in measure of 25 gm. in combination, decocted along with water meausuring 400 ml.) mixed with oil (12 gm.) and *ghṛitam* (12 gm.).

(Cakradatt)

बलाऽऽदिक्वाथादयश्च तत्रैव (च. द.)–

मूलं बलायास्त्वथ पारिभद्रात्तथाऽऽत्मगुप्तास्वरसं पिबेद्वा ।
नस्यं तु यो मांसरसेन कुर्यान्मासादसौ वज्रसमानबाहुः ।।३०।।

30. The patient, who takes the juice or decoction of the root of *balā*, *abhayā*, *aribhadra* and *ātmaguptā* or who takes inhalation therapy with the juice of *māsa* for one month, gets strong arms like thunderbolt.

(Cakradatt)

माषात्मगुप्तकादिक्वाथः (पक्षाघाते) (च. द.)–

माषात्मगुप्तकैरण्डवाट्यालकशृतं पिबेत् । हिङ्गुसैन्धवसंयुक्तं पक्षाघातनिवारणम् ।।३१।।

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31. Māṣātmaguptakādi Kvātha:

Ingredients: *Māsa*, *ātmaguptā*, *eraṇḍa*, *vaṭyalaka*, *hingu* and rock salt.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts. Raise 25 gm. of their combination and coarsely compound them. Soak the compound in water measuring 400 ml. for overnight period. Next morning decoct it on a slow heat till the original quantity is reduced to one fourth.

Methof of Use/Administraiton: Consume this decoction along with asafoetida (1 gm.) and rock salt (2 gm.)

Therapeutic benefits: Intake of the decoction cures *pakṣaghāta* (hemiphegia).

(Cakradatt)

बाहुशोष-हृद्गतवातः-पतानकचिकित्सा (च. द.)–

बाहुशोषे पिबेत् सर्पिर्भुक्त्वा कल्याणकं महत् । हृदि प्रकुपिते वाते चांशुमत्याः पयो हितम् ।।
हरीतकी वचा रास्ना सैन्धवं चाम्लवेतसम् । घृतमात्रसमायुक्तमपतानकनाशनम् ।।
हन्ति प्राग्भोजनात्पीतं दध्यम्लं सवचोषणम् । अपतानकमन्योऽपि वातव्याधिक्रमो हितः ।।३२।।

32. Treatment of *Bāhu Śoṣa* and *apatānaka*: Intake of *Mahā Kalyāṇaka Ghṛitam* after taking food cures *bāhu Śoṣa* (wasting of muscles of the arm). Intake of *harītakī*, *vacā*, *rāsnā*, rock salt and *āmlavetasa* along with *ghṛitam* cures *apatānaka*.

(Cakradatt)

कुब्जचिकित्सा–

वातघ्नैर्दशमूल्या च नवं कुब्जमुपाचरेत् । स्नेहैर्मांसरसैर्वाऽपि प्रवृद्धं तं विवर्जयेत् ।।३३।।

33. Treatment of *Kubjatva*: A patient having recent attack of *kubjatva* (hunch back) should be treated with *sneha* (fat) boiled with *vāta* alleviating drugs or *daśamūla* or by meat soup. If he suffers from trembling (*viprvantam*) then such a patient should not be treated.

(Cakradatt)

तूनी-प्रतितूनीचिकित्सा (च. द.)–

पिप्पल्यादिरजस्तूनीप्रतितून्योः सुखाम्बुना । पिबेद्वा स्नेहलवणं सघृतं क्षारहिङ्गु वा ।।३४।।

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34. Treatment of *Tūnī* and *Pratitūnī*: For the cure of *tūni* and *pratitūnī*, the powder of *pippalī* should be taken along with lukewarm water. Such a patient may also take salt mixed with *ghṛitam*, or *kṣāra* and *hingu* mixed with *ghṛitam*.

(Cakradatt)

आध्मानचिकित्सा–

आध्माने लङ्घनं पाणितापश्च फलवर्त्तयः । दीपनं पाचनञ्चैव बस्तिश्चाप्यत्र शोधनः ।।३५।।

35. Treatment of *Ādhmāna*: For the treatment of *ādhmāna* (wind formation in the abdomen), the patient should observe fast, his abdomen should be warmed up by fondling it through warm hands. Use different types of *phalā varttī* (suppository) is also advised.

(Cakradatt)

प्रत्याध्मान-प्रत्यष्ठीलाऽष्ठीलिकानां चिकित्सा (च. द.)–

प्रत्याध्माने तु वमनं लङ्घनं दीपनं तथा । प्रत्यष्ठीलाऽष्ठीलिकयोरन्तर्विद्रधिगुल्मवत् ।।३६।।

36. For the treatment of *pratyādhmāna*, *vamana* (emetic) therapy, *langhaṇa* (fasting) and digestive stimulants should be administered. For the treatment of *aṣṭhilā*, *pratyaṣṭhilā*, *gulma* and *abhayāntara vidradhi*, *Hingvādi Cūrṇa* is especially useful.

(Cakradatt)

गृध्रस्यादिचिकित्सा (च. द.)–

दशमूलीबलारास्नागुडूचीविश्वभेषजम् । पिबेदेरण्डतैलेन गृध्रसीखञ्जपङ्गुषु ।।३७।।

37. In indispositions of the *gṛidharasī*, *khanja* and *pangu*, the decoction of *daśamūla* (10 parts), *balā*, *rāsnā*, *guḍūcī* and *viśvabheṣaja* (1 part each) should be taken be adding the oil of *eraṇḍa* (12 ml.).

(Cakradatt)

पञ्चमूलीक्वाथः–

पञ्चमूलीकषायन्तु रुबुतैलं त्रिवृद् घृतम् । त्रिवृतैवाथवा युक्तं गृध्रसीगुल्मशूलनुत् ।।३८।।

38. Pañcamūlī Kvātha:

Ingredients: *Pañcamūla* herbs (major variety), water, *eraṇḍa* oil, *trivṛit* (roots) powder and *ghṛitam*.

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Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts. Get 25 gm. measure of *pañcamūla* herbs (major variety) and decoct them in 400 ml. measure water till the original quantity is reduced to one fourth.

Methof of Use/Administraiton: Take the preparation along with 12 gm. measure of *eraṇḍa* oil, 3 gm. measure of *ṭrivṛit* (roots) powder (or with *ghṛitam* measuring 12 gm.)

Therapeutic benefits: Taking this recipe proves very effective in sciatica, *gulma* and colic pains.

(Cakradatt)

घृततैलादिप्रयोगः (च. द.)–

तैलंघृतंवाऽऽर्द्रकमातुलुङ्गचारसं सचुक्रं सगुडं पिबेद्वा ।
कट्यरुपृष्ठत्रिकशूलगुल्मगृध्रस्युदावर्त्तहरः प्रदिष्टः ।।३९।।

39. Application of oils or *ghṛitam* that have anti-*vātik* properties, sesame oil and *ghṛitam* along with ginger juice, lemon juice, *cukra* as well as old jaggery is effective in checking sciatica, *udāvarta* and paralysis of waist, thigh, back and temple.

(Cakradatt)

कृष्णाचूर्णम् (च. द.)–

गोमूत्रैरण्डतैलाभ्यांकृष्णा पीता सुचूर्णिता । दीर्घकालोत्थितां हन्ति गृध्रसीं कफवातजाम् ।।४०।।

40.Kṛiṣṇā Cūrṇam:

The patient should take 1 gm. of pepper powder along with oil of *eraṇḍa* (12 ml.) mixed with cow's urine (12 ml.) for one month which cures *gṛidharasī* (sciatica) and *urugraha* (stiffness of thighs).

(Cakradatt)

वार्त्ताकुप्रयोगः (च. द.)–

अश्नाति योनरः सिद्धामेरण्डतैलाधिताम् । वार्त्ताकुं गृध्रसीक्षीणः पूर्वामाप्नोत्यसौ गतिम् ।।४१।।

41. Taking brinjal cooked in castor oil is very effective to check sciatica. It helps one to regain normal walking.

(Cakradatt)

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एरण्डफलपायसः (च. द.)–

पिष्ट्वैरण्डफलंक्षीरेसविश्वं वा फलं रुबोः। पायसो भक्षितः सिद्धो गृध्रसीकटिशूलनुत् ।।४२।।

42. Eraṇḍa Phala Pāyasa:

Remove out the seed of *eraṇḍa* fruits and compound them. Cook this powder (25 gm.) with milk (250 ml.). Optionally, take the seed pulp of the *eraṇḍa* fruit along with dried ginger. Both of these recipes checks sciatica and waist pain.

(Cakradatt)

रास्नादिगुडिका (च. द.)–

रास्नायास्तु पलंचैकंकर्षान्पञ्चच गुग्गुलोः । सर्पिषा गुडिकां कृत्वा खादेद्वा गृध्रसीहराम् ।।४३।।

43.Rāsnādi Guḍikā:

Ingredients: Fine powder of *rāsnā*, purified *guggulu* and water.

Process of Drug-Making: Obtain 48 gm. measure of fine powder of *rāsnā* and triturate it along with 120 gm. of purified *guggulu* and water. When the preparation takes a shape of confection prepare small balls out of it and dry them.

Method of use/Administration: These medicinal balls should be taken with warm water or warm milk.

Therapeutic benefits: It checks sciatica.

(Cakradatt)

गृध्रस्यां बस्तिप्रयोगकालः (च. द.)–

गृध्रस्यार्त्तनरं सम्यक् पाचनाद्यैर्विशोधितम् । ज्ञात्वा नरं प्रदीप्तांग्नि वस्तिभिः समुपाचरेत् ।।४४।।
नादौ वस्तिविधिं कुर्याद् यावदूर्ध्वं न शुद्ध्यति । स्नेहो निरर्थकस्तस्य भस्मन्येवाहुतिर्यथा ।।४५।।

44-45. The patient of sciatica should be first treated with *pāchana* (stomachiac) measures so that his appetite is promoted. After that the *basti* therapy should be administered. Unless the lower part of the stomach is not purified the *basti* therapy should not be used. Application of *basti* in such conditions proves as ineffective as the pouring of *ghṛitam* to ashes does not produce fire. The medicine thus administered does not effect and comes out with stool without doing any good.

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एरण्डतैलप्रयोगः (च. द.)–

तैलमेरण्डजं वाऽपि गोमूत्रेण पिबेन्नरः । मासमेकं प्रयोगोऽयं गृध्रस्यूरुग्रहापहः ।।४६।।

46. Taking castor oil for one month in doses of 6 gm. along with cow urine (25 ml.) removes the sciatica pain and the stiffness of thighs.

(Cakradatt)

शेफाली पत्रक्वाथः–

शेफालिकादलक्वाथो मृद्वग्निपरिसाधितः । दुर्वारं गृध्रसीरोगं पीतमात्रं समुद्धरेत् ।।४७।।

47. Śephāli Patra Kvātha:

Leaves of *śephālika* (25 gm.) should be boiled along with water four times, over mild fire. Intake of this decoction instantaneously cures obstinate type of *gṛidhrasī* (sciatica).

(Cakradatt)

वातकण्टकचिकित्सा–

रक्तावसेचनं कार्यमभीक्ष्णं वातकण्टके । पिबेदेरण्डतैलं वा दहेत्सूचीभिरेव वा ।।४८।।

48. Blood-letting therapy should be administered frequently for the treatment of *vāta kaṇṭaka*. The patient should take castor oil and cauterization should be performed in his body with the help of needles.

(Cakradatt)

पाददाहचिकित्सा (च. द.)–

शिराव्यधः पाददाहे वातकण्टकवत् क्रिया । शतधौतघृतोन्मिश्रैर्नागकेशरकण्टकैः ।।४९।।
पिष्टैः प्रलेपः सेकश्च दशमूल्यम्बुनेष्यते । आलिप्य नवनीतेन स्वेदो हस्तादिदाहहा ।।५०।।

49-50. If there is a burning sensation in the feet the blood letting should be performed. The *vāta kaṇṭaka* therapy should also be applied. Ointment of the *kalka* of thorns of *nāga keśara* herb treated with *śatadhauta ghṛitam* is also helpful. One should also foment the affected part with decoction of *daśamūla* herb. Application of butter as ointment in the hands and feet is also helpful.

(Cakradatt)

पादहर्षचिकित्सा (च. द.)–

अग्नितप्तेष्टकाखण्डं काञ्जिकैः परिषिच्य तु । तद्वाष्पस्वेदनं कार्यं पादहर्षविनाशनम् ।।५१।।

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51. Treatment of Pādaharṣa:

The *pādaharṣa* signifies an indisposition wherein the patients develop a strong sensational tendency in his feet. This indisposition can be checked by fomenting the feet with the steam coming out of *kānji* treated with baked bricks.

(Cakradatt)

झिञ्झिनीवातचिकित्सा (च. द.)–

दशमूलस्य निर्यूहो हिङ्गुपौष्करसंयुतः । शमयेत् परिपीतस्तु वातं झिञ्झिनिसंज्ञितम् ।।५२।।

52. The *vātika* disease called *Jhinjhinī* (which produces numbness and tingling sensation) is cured by the intake of *daśamūla* decoction mixed with the powder of *hingu* and *puṣkara*.

(Cakradatt)

खल्लीचिकित्सा (च. द.)–

कुष्ठसैन्धवयोःकल्कश्चुक्रतैलसमन्विराः । सुखोष्णोमर्दने योज्यः खल्लीशूलनिवारणः ।।५३।।

53. Treatment of Khallī (lameness):

Treatment of patients suffering the *khallī* indisposition should be treated with the *kalka* of rock salt and *kuṣṭha*. Application of the water based *kalka* prepared on warm stone slab with herb *kuṣṭha* and rock salt is helpful in treatment of *khallī*. This *kalka* should be applied along with *cukra* and oil in a lukewarm condition. Massaging the affected part with it is also helpful.

(Cakradatt)

स्वेदोन्मर्दनादिप्रयोगः–

खल्ल्यां स्निग्धाम्ललवणैः स्वेदोन्मर्दोपनाहनम् ।।५४।।

54. The patient of *khallī* should take *svedana* (sweating) therapy, *mardana* therapy and *upanāhana* with oily, bitter and salty products.

(*Bhāvaprakāśa*)

शिरोग्रहचिकित्सा (भा. प्र.)–

शिरोग्रहे तु कर्त्तव्या शिरोगतमरुत्क्रिया । दशमूलीकषायेण मातुलुङ्गरसेन च ।।
घृतेन तैलेनाभ्यङ्गः शिरोबस्तिश्च युज्यते ।।५५।।

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55. The vitiated *vāta* accumulated in the veins should be treated with ointment of the sesame oil treated with decoction of *daśamūla* herbs and juice of *jambīra* lemon. He should also be treated with *śirobasti* therapy.

(*Bhāvaprakāśa*)

अपतानकचिकित्सा (भा. प्र.)–

अथापतानकेनार्त्तमस्तुताक्षमवेपनम् । अखट्वापातिनं चैव त्वरया समुपाचरेत् ।।५६।।

56. The patient of *apatānaka* should be treated immediately and properly before he becomes bed ridden, demonstrate symptoms like tremoring and tearing.

(*Bhāvaprakāśa*)

अपतन्त्रकचिकित्सा (भा. प्र.)–

अथापतन्त्रकेणार्त्तमातुरं नापतर्पयेत् । निरूहबस्तिं वमनं सेवयेन्न कदाचन ।।५७।।
श्वसनाःकफवाताभ्यांरुद्धास्तस्य विमोक्षयेत् । तीक्ष्णै प्रधमनैः संज्ञां तासु मुक्तासु बिन्दति ।।५८।।

57-58. The patient of *apatañtraka* should never be treated through the process of *apatarpaṇa*. He should also never be treated with *niruha* type of *basti* and *vamana* therapy. If the patient has his arteries blocked by *kapha* and *vāta*, he should be treated by a cut of arteries. It helps him to regain.

(*Bhāvaprakāśa*)

पक्षाघातचिकित्सा (भा. प्र.)–

पक्षाघातसमाक्रान्तं सुतीक्ष्णैश्च विरेचनैः । शोधयेद्वस्तिभिश्चापि व्याधिरेवं प्रशाम्यति ।।५९।।

59. The patient of paralysis should be treated with sharp *virecana* (purgation) therapy and *basti* therapy. This provides relief from paralysis.

(*Bhāvaprakāśa*)

खञ्जपङ्गुताचिकित्सा (भा. प्र.)–

उपाचरेदभिनवं खञ्जं पङ्गुमथापि वा । विरेकास्थापनस्वेद-गुग्गुलुस्नेहबस्तिभिः ।।६०।।

60. Treatment of lameness and crippled legs should be treated with *virecana* (purgation) therapy, *āsthāpana basti* therapy, *svedana* therapy, *sneha basti* therapy as well as intake of *guggulu*.

(*Bhāvaprakāśa*)

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कलायखञ्जचिकित्सा (भा. प्र.)–

क्रमः कलायखञ्जस्य खञ्जपङ्ग्वोरिव स्मृतः । विशेषात्स्नेहनं कर्म कार्यमत्र विचक्षणैः ।।६१।।

61. Treatment of *Kalāyakhañja* type of lameness: The patient should be treated as suggested above. The *snehan* (oily) therapy is particularly helpful.

(*Bhāvaprakāśa*)

बाह्यायामान्तरायामचिकित्सा (भा. प्र.)–

बाह्यायामेऽन्तरायामे विधेयाऽर्दितवत् क्रिया ।।६२।।

62. The process of treating cases of *ardita* should be applied in cases of indisposition signified as *bāhyāyām* and *antrāyām*.

(*Bhāvaprakāśa*)

त्रिकशूलचिकित्सा (भा. प्र.)–

कारयेद्वालुकास्वेदं त्रिकशूले प्रयत्नतः । यद्वाऽधस्तात्करीषाग्निं धारयेत्सततं नरः ।।६३।।

63. Treatment of *tṛikaśūla* (pain in the temple). The patient of *tṛikaśūla* should take fomentation with hot sand or he should foment the effective parts with the fire of wild reeds kept below his string coat.

(*Bhāvaprakāśa*)

क्रोष्टुशीर्षचिकित्सा (च. द.)–

गुग्गुलुं क्रोष्टुशीर्षे तु गुडूचीत्रिफलाऽम्भसा । क्षीरेणैरण्डतैलं वा पिबेद्वा वृद्धदारकम् ।।६४।।

64. In cases of *kroṣṭuka śīirṣa* (arthritis of knee joint) one should use decoction of *guḍūcī* and *tṛiphalā* along with powder of purified *guggulu* and yogic *guggulu*. Also taking *eraṇḍa* oil with milk or powder of purified *vṛiddhadāruka* with milk is considered to be beneficial in treating *krośṭuka śīrṣa*.

(Cakradatt)

रसैस्तित्तिरमांसस्य पीतैर्गुग्गुलुसंयुतैः । वातरक्तक्रियाभिश्च जयेज्जम्बूकमस्तकम् ।।६५।।

65. Take *guggulu* with soup of *titira's* meat and take treatment similar to *vāta rakta* to get relief from *kroṣṭuka śīrṣa*.

बलादिक्वाथः (भा. प्र.)–

बलामूलशृतं तोयं सैन्धवेन समन्वितम् । बाहुशोषकरे वाते मन्यास्तम्भे च शस्यते ।।६६।।

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66. Balādi Kvātha:

Sprinkle rock salt (1 gm.) over the decoction (50 ml.) of *balā* plant's root and drink. This would cure diseases like *bāhuśotha* and *manyāstambha*.

एरण्डादिक्वाथः (भा. प्र.)–

एरण्डमूलं बिल्वं च बृहती कण्टकारिका । कषायो रुचकोपेतः पीतो वङ्क्षणबस्तिजम् ।
गृध्रसीजं हरेच्छूल चिरकालानुबन्धि च ।।६७।।

67. Eraṇḍādi Kvātha:

Ingredients: Black salt, root of *eraṇḍa*, pulp of *bilva*, lesser and bigger varieties of *vyāghrī*.

Process of Drug-Making: Prepare a decoction of root of *eraṇḍa*, pulp of *bilva*, lesser and bigger varieties of *vyāghrī*. Sprinkle black salt over the decoction.

Therapeutic benefits: It is very beneficial for curing *vankṣanaśūla*, *bastiśūla* and chronic sciatic.

(*Bhāvaprakāśa*)

सिंहास्यादिक्वाथः (भा. प्र.)–

सिंहास्यदन्तीकृतमालकानां पिबेत्कषायं रुबुतैलमिश्रम् ।
यो गृध्रसीनष्टगतिः प्रसुप्तःस शीघ्रगः स्याद्धि किमत्र चित्रम् ।।६८।।

68. Sinhāsyādi Kvātha:

Ingredients: *Aḍuṣā*, *dantī*, *āragvadha* and *eraṇḍa* oil.

Process of Drug-Making: Take decoction made up of *aḍuṣā*, *dantī*, *dhanabahera* (*āragvadha*) and mix *eraṇḍa* oil into it.

Method of use/Administration: Give it for drink to the patients suffering sciatica (wherein the patient is not able to walk).

Therapeutic benefits: It immediately provides relief in such cases.

(*Bhāvaprakāśa*)

रास्नासप्तकक्वाथः (भा. प्र.)–

रास्नाऽमृताऽऽरग्वधदेवदारुत्रिकण्टकैरण्डपुनर्नवानाम् ।
क्वाथं पिबेन्नागरचूर्णमिश्रं जङ्घोरुपृष्ठत्रिकपार्श्वशूली ।।६९।।

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69. Rāsnāsaptaka Kvātha:

Ingredients: *Rāsnā, guḍūcī, āragvadha, devadāru, gokṣura, eraṇḍa mūla, punarnavā* and powder of dried ginger.

Process of Drug-Making: Obtain decoction made out of *rāsnā, guḍūcī, āragvadha, devadāru, gokṣura, eraṇḍa mūla* and *punarnavā* (each taken in equal parts and raise 25 gm. of their combination and decoct along with water (16 times greater) and reduced to one fourth i.e. 100 ml.).

Method of use/Administration: Serve it for drinking in doses of 50 ml. Add powder of dried ginger (1 gm.) to the decoction.

Therapeutic benefits: This medication cures diseases like *jambaśūla, janghāśūla, pṛiṣṭhaśūla, ṭrikaśūla* and *pārśavaśūla.*

(*Bhāvaprakāśa*)

गोक्षुरादिक्वाथः–

गोक्षुरं रुबुमूलं च वचा रास्ना पुनर्नवा । कषायोऽसौ प्रशस्तः स्यात् सर्वाङ्गगतमारुते ।।७०।।

70. Gokṣurādi Kvātha:

Drinking decoction made out of *gokṣura, eraṇḍa mūla, vacā, rāsnā* and *punarnavā* (each taken in equal parts and raise 25 gm. of their combination and decoct along with water (16 times reater) and reduced to one fourth i.e. 100 ml.) gives relief from *sarvāngata vāta* diseases.

Dosage: 46 gm.

माषबलादिक्वाथः–

माषबलाशूकशिम्बीकत्तृणरास्नाऽश्वगन्धोरुवूकाणाम् ।
क्वाथोनस्यनिपीतोरामठलवणान्वितः कोष्णः ।।७१।।
अपहरतिपक्षघातं मन्यास्तम्भं सकर्णनादरुजम् दुर्जयमर्दितवातं सप्ताहाज्जयति चावश्यम् ।।७२।।

71-72. Māṣabalādi Kvātha:

Ingredients: *Māṣa, balā, śūkaśimbī, kattṛṇa, rāsnā, aśvagandhā, urubuka* and rock-salt.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts. Raise 25 gm. of their combination and decoct along with water measuring 400 ml. and decoction should continue till the original quantity is reduced to one fourth.

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Method of use/Administration: Sprinkle rock salt powder (1 gm.) and asafoetida (500 mg.) over the decoction and drink.

Therapeutic benefits: Intake of the lukewarm decoction cures *pakṣa vāta*, *manyāstambha* and earache. If taken for seven days, it certainly cures obstinate type of *ardita* (facial paralysis).

Intake of the lukewarm decoction of *māsa*, *balā*, *śūkaśimbī*, *kattṛṇa*, *rāsnā*, *aśvagandhā* and *urubuka* mixed with rock-salt cures *pakṣa vāta*, *manyāstambha* and earache. If taken for seven days, it certainly cures obstinate type of *ardita* (facial paralysis).

(Cakradatt)

वङ्क्षणसन्धिशूलहरो योगः (च. द.)–

तगरस्यशिफांसार्द्रांपिष्ट्वा तक्रेण यः पिबेत् । वङ्क्षणानिलरोगार्त्तः स क्षणादेव मुच्यते ।।७३।।

73. The root of *tagara* and ginger should be made into a *kalka* by triturating them along with buttermilk. Intake of this instantaneously cures *vātika* diseases affecting the orifices of the body.

(Cakradatt)

अन्नावृतवातचिकित्सा (च. द.)–

जित्वाऽऽवरकमग्रे तु वाते वातहरं हितम् । अन्नावृते तदुल्लेखो दीपनं पाचनं लघु ।।७४।।

74. Treatment of deposition of vitiated *vāta* in a stomach: The patient should be first treated by *vamana* therapy. Following that he should be served with a strong appetizer and digestive edibles. When feeling hungry, he should be served meals in a small quantity.

(Cakradatt)

सुप्तिवातचिकित्सा (च. द.)–

सुप्तिवाते त्वसृङ्मोक्षं कारयेद्बहुशो बुधः । दिह्याच्च लवणागारधूनेस्तैलविमर्दितैः ।।७५।।

75. In *supti vāta* (a type *vātika* disease characterized by numbness of limbs), the physician should administer bloodletting therapy several times. The patient should be advised to take a *kalka* prepared of salt, smoke deposits of the kitchen and oil.

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वातरोगे क्रियासूत्रम् (च. द.)–

सर्पिस्तैलवसामज्जपानाभ्यञ्जनवस्तयः । स्वेदाः स्निग्धा निवातं च स्थानं प्रावरणानि च ।।७६।।
रसाः पयांसि भोज्यादि स्वाद्वम्ललवणादि च । बृहणं यत्तु तत्सर्वं कर्त्तव्यं वातरोगिणाम् ।।७७।।

76-77. *Ghṛitam*, oil, *vāsa* (muscle fat) and bone marrow are the four varieties of *sneha* (fat). These should be administered individually for the treatment of all types of diseases caused by *vāta*. The patient should wear warm clothes. He should take meat soup, milk, sweet, sour and salty edibles and such meals that promote aphrodisiac power.

(Cakradatt)

वातहरो यूषः (च. द.)–

पटोलफलकैर्यूषो वृष्यो वातहरो लघुः । वाट्यालककृतो यूषः परं वातविनाशनः ।।७८।।

78. The soup prepared out of the fruit of *paṭola* is aphrodisiac and light in digestion, and it alleviates *vāta*. The soup of *vāṭyālaka* is excellent in alleviating *vāta*-related indispositions.

(Cakradatt)

वातनाशको गणः (च. द.)–

वाजिगन्धा बलास्तिस्त्रो दशमूली महौषधम् । द्वे गृध्रनख्यौ रास्ना च गणो मारुतनाशनः ।।७९।।

79. The *aśvagandhā*, the three varieties of *balā* (*balā*, *nāgabalā* and *atibalā*), *daśamūla* (*bilva*, *śyoṇāka*, *gambhārī*, *pāṭala*, *ganikarika*, *śālaparṇī*, *pṛiśniparṇī*, *bṛihatī*, *kaṇṭakārī* and *gokṣura*), *mahauṣadha*, both the varieties of *gṛidhranakhī* and *rāsnā*– these constitute the group of drugs which alleviate *vāta*.

(Cakradatt)

वातरोगिणो भोजनविधिः (च. द.)–

बलायाः पञ्चमूलस्य दशमूलस्य वा रसे । अजशीर्षाम्बुजानूप-क्रव्यादपिशितैः पृथक् ।।८०।।
साधयित्वारसान् स्निग्धान् दध्यम्लव्योषसंस्कृतान् । भोजयेद्वातरोगार्त्तं तैर्व्यक्तलक्षणैर्नरम् ।।८१।।

80-81. Take the decoction of *balā*, *pañcamūla* or *daśamūla* and boil along with it the the head of goat or meat of animals inhabiting water or marshy land or meat of carnivorous animals. Strain out the liquid thus obtained by boiling. Treat the recipe with hot *ghṛitam*, *kānji*, *marica*, *pippalī* and dried ginger and salt. The patient of *vātaroga* should use this recipe along with meal.

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पञ्चमूल्यादिसिद्धं दुग्धम् (च. द.)–

पञ्चमूलीबलासिद्धं क्षीरं वातामये हितम् ।।८२।।

82. In *vāta roga*, drinking milk boiled with *pañcamūla* herbs and roots or *pañcānga* of *balā* is very beneficial.

(Cakradatt)

रास्नादशमूलक्वाथः (व. से.)–

रास्नाविश्वविडङ्गानि रुवूकस्त्रिफला तथा । दशमूलं पृथक् श्यामाक्वाथो वातमयापहः ।।८३।।
अर्धावभेदके चाढ्ये चार्दिते वाताखञ्जके । नेत्ररोगे शिरःशूले ज्वरापस्मारयोस्तथा ।।
मनोभ्रंशे च विविधे कथितञ्च सुखप्रदम् ।।८४।।

83-84. Rasnādaśamūla Kvātha:

Ingredients: *Rāsnā*, dried ginger, *vāyaviḍanga*, root of *eraṇḍa*, *haraḍa*, *vibhītaka*, *āmalakī*, *daśamūla* herbs, *niśotha* and water.

Process of Drug-Making: Take in equal quantity powders of each of the following: *rāsnā*, dried ginger, *vāyaviḍanga*, root of *eraṇḍa*, *haraḍa*, *vibhītaka*, *āmalakī*, *daśamūla* herbs and *niśotha*. Mix all these materials together and take 75 gm. measure of this mixture. Decoct this mixture along with water measuring 400 ml. Sieve the preparation when the original quantity is reduced to one fourth.

Methof of Use/Administraiton: Dosage: 100 ml.

Therapeutic benefits: This decoction is capable of curing all types of *vāta* disorders and specially the *ardhāvabhedaka*, *āḍhyavāta*, *ardita*, *vāta khañja*, eyes problems, *śirahaśūla*, fever and *apasmāra*. It is beneficial in various types of *manovikāra* (mental disorders).

(Vangasen)

शाल्वणस्वेदः–

काकोल्यादिः सवातघ्नः सर्वाम्लद्रव्यसंयुतः । सानूपमांसः सुस्विन्नः सर्वस्नेहसमन्वितः ।।८५।।
सुखोष्णः स्पष्टलवणः शाल्वणः परिकीर्त्तितः । तेनोपनाहं कुर्वीत सर्वदा वातरोगिणाम् ।।८६।।
वातघ्नोभद्रदार्वादिःकाकोल्यादिस्तु सौश्रुतः । मांसेन चौषधं तुल्यं यावताऽम्लेन चाम्लता ।।८७।।
पट्वी स्यात् स्वेदनार्थञ्चकाञ्जिकाद्यम्लमिष्यते ।
चतुःस्नेहोऽत्र तावान् स्यात् सुस्निग्धत्वं यतो भवेत् ।।८८।।
समस्तं वर्गमर्धं वा यथालाभमथापि वा । प्रयुञ्जीतेति वचनं सर्वत्र गणकर्मणि ।।८९।।

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85-89. Herbs of *kākolī* group, *bhadradārvādi* group (as suggested by theorist Vāghabhaṭṭa), all kinds of *āmla* (citrus) drugs, the meat of animals hailing from *anup* countries, all kinds of oily edibles and all kinds of salts should be taken in proper quantity. That is the *kākolī* group of herbs should be taken in one part, *bhadradārvādi* group of herbs taken in one part and the meat should be taken in two parts. The quantity of *āmla* liquid should be taken in an amount that could make the preparation vinegary. The oil should be taken in an amount that could treat the preparation well while the amount of salt can be taken as per requirement. All these materials should be mixed together and cooked properly. Prepare a poultice out of them and foment the affected part of patient with this poultice in lukewarm condition. This poultice could be even tied over the affected part. For *svedana* therapy one should take vinegar like *kānji*.

(Cakradatt)

कल्याणलेहः–

सहरिद्रा वचा कुष्ठं पिप्पली विश्वभेषजम् । अजाजी चाजमोदा च यष्टीमधुकसैन्धवम् ।।९०।।
एतानिश्लेक्ष्णचूर्णादि समभागानि कारयेत् । तच्चूर्णं सर्पिषाऽऽलोड्य प्रत्यहं भक्षयेन्नरः ।।९१।।
एकविंशतिरात्रेण नरः श्रुतिधरो भवेत् । मेघदुन्दुभिनिर्घोषो मत्तकोकिलनिस्वनः ।।
जडगद्गदमूकत्वं लेहः कल्याणको जयेत् ।।९२।।

90-92. Kalyāṇa Leha:

Ingredients: *Haridrā*, *vacā*, *kuṣṭha*, *pippalī*, *viśvā bheṣaja*, *ajājī*, *ajamodā*, *yaṣṭi madhuka*, rock salt and *ghṛitam*.

Process of Drug-Making: Take equal parts (i.e. 100 gm.) of *haridrā*, *vacā*, *kuṣṭha*, *pippalī*, *viśvā bheṣaja*, *ajājī*, *ajamodā*, *yaṣṭi madhuka* and rock salt. Ground these materials into a fine powder and boil them with *ghṛitam*.

Method of use/Administration: This medicine should be taken in doses of 3 gm. along with 12 gm. measure of *ghṛitam* every day.

Therapeutic benefits: By doing so for 21 nights, the patient gets good memory inasmuch as he remembers every thing he hears. His voice becomes deep-toned like the sound of thunder of the cloud and sweet like the cuckoo bird. It cures aphasia, lulling speech and dumbness. This is called *Kalyāṇaka Leha*.

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रसोनपिण्डः (स्वल्पः)–

पलमर्धपलञ्चैव रसोनस्य सुकुट्टितम् । हिङ्गुजीरकसिन्धूत्थसौवर्चलकटुत्रिकैः ।।९३।।
चूर्णितैर्माषकोन्मानैरवचूर्ण्य विलोडितम् । यथाग्नि भक्षितं प्रातः रुबुक्वाथानुपातनः ।।९४।।
दिने दिने प्रयोक्तव्यं मासमेकं निरन्तरम् । वातरोगं निहन्त्याशु चार्दितं सापतन्त्रकम् ।।९५।।
एकाङ्गरोगिणे चैव तथा सर्वाङ्गरोगिणे । ऊरुस्तम्भे च गृध्रस्यां क्रिमिदोषे विशेषतः ।।९६।।
कटिपृष्ठामयं हन्यादुदरञ्च विनाशयेत् ।।९७।।

93-97. Rasonapiṇḍa:

Ingredients: *Rasona*, *hingu*, *jīraka*, *sindhūttha*, *sauvarcalā* and *ṭrikaṭu*.

Process of Drug-Making: Take 2 gm. of *rasona* and pound it. To this, add and thoroughly mix the powders measuring 2 gm. each of *hingu*, *jīraka*, *sindhūttha*, *sauvarcalā* and *ṭrikaṭu*.

Method of use/Administration: This medicine should be taken by the patient in the morning in a doses of 3 gm. along with the decoction of *eraṇḍa* (roots) measuring 50 ml. It should be taken every day for one month.

Therapeutic benefits: It thus cures diseases caused by *vātu* including *ardita* (facial paralysis), *apatañtraka* diseases of the whole body or of one limb, *gṛidhrasī* (sciatica) parasitic infections, diseases of the lumber region, back, and *jaṭhara* (abdominal diseases including ascites).

(Cakradatt)

त्रयोदशाङ्गगुग्गुलुः–

आभाश्वगन्धाहबुषा गुडूची शतावरी गोक्षुरवृद्धदारम् ।
रास्नाशताह्वासशटी यमानीसनागराचेतिसमैश्चचूर्णम् ।।९८।।
तुल्यं भवेत्कौशिकमत्र मध्ये देयं तथा सर्पिरथार्धभागम् ।
सार्द्धक्षमात्रन्तु ततः प्रयोगात् कृत्वाऽनुपानं सुरयाऽथ यूषैः ।।९९।।
मद्येन वा कोष्णजलेन वाऽथ क्षीरेण वा मांसरसेन वाऽपि ।
कटिग्रहे गृध्रसिबाहुपृष्ठे हनुग्रहे जानुनि पादयुग्मे ।।१००।।
संधिस्थिते चास्थिगते च वाते मज्जाश्रिते स्नायुगते च कोष्ठे ।
रोगाञ्जयेद्वातकफानुविद्धान् वातेरितान् हृद्ग्रहयोनिदोषान् ।।१०१।।
भग्नास्थिविद्धेषु च खञ्जवाते त्रयोदशाङ्गं प्रवदन्ति सन्तः ।

98-101. Trayodaśānga Guggulu:

Ingredients: *Ābhā*, *aśvagandhā*, *havuṣā*, *guḍūcī*, *śatāvarī*, *gokṣuraka*, purified seeds of *vṛiddhadāraka*, *rāsnā*, *śyāmā*, *śaṭī*, *ghoṣavatī*, *yavānī*, *nāgara*, *guggulu* and *ghritam*.

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Process of Drug-Making: Obtain one part each (250 gm. each) of *abha*, *aśvagandhā*, *havuṣā*, *guḍūcī*, *śatāvarī*, *gokṣuraka*, purified seeds of *vṛiddhadāraka*, *rāsnā*, *śyāmā*, *śaṭī*, *ghoṣavatī*, *yavānī* and *nāgara*. Ground these materials into a powder. Add to it equal quantity of *guggulu* (12 parts i.e. 3 kg.) and *ghṛitam* in a half part i.e. 1500 gm. Triturate the mix together.

Method of use/Administration: This medicine should be taken in doses of 1-3 gm. along with *surā* (alcoholic drinks), vegetable soup, *madya* (another type of alcoholic drink), lukewarm water, milk or meat soup.

Therapeutic benefits: This medicine is useful in *kaṭi graha* (stiffness of lumber region), *gṛidharasī* (sciatica), stiffness of arms, stiffness of back, stiffness of mandible joint, pain in knee joint, pain in legs, location of *vāta* in joints bones, bone-marrow and ligaments and in all the diseases caused by *vāta* and *kapha* including, *hṛida graha* and affliction of female genital track by *vāta*. It is also useful in fracture and puncture of bones and in *khanja vāta*.

(Cakradatt)

योगराजगुग्गुलुरसायनम् (शा. सं.)–

नागरं पिप्पलीमूलं पिप्पली चव्यचित्रकौ । भृष्टं हिङ्ग्वजमोदा च सर्षपो जीरकद्वयम् ।।१०२।।
रेणुकेन्द्रयवाःपाठा विडङ्गं गजपिप्पली । कटुकाऽतिविषा भार्ङ्गी वचा मूर्वेति भागतः ।।१०३।।
प्रत्येकंशाणिकानिस्युर्द्रव्याणीमानिविंशतिः।द्रव्येभ्यःसकलेभ्यश्चत्रिफला द्विगुणा भवेत् ।।१०४।।
एभिश्चूर्णीकृतैः सर्वैःसमोदेयश्चगुग्गुलुः । वङ्गंरौप्यं च नागं च लौहसारस्तथाऽभ्रकम् ।।१०५।।
गुडपाकसमं कृत्वा दद्यादेतं यथोचितम् ।।१०६।।
एकंपिण्डंततःकृत्वाधारयेद्घृतभाजने । गुडिकाःशाणमात्रास्तु कृत्वा ग्राह्या यथोचिताः ।।१०७।।
गुग्गुलुर्योगराजोऽयं त्रिदोषघ्नो रसायनः । मैथुनाहारपानानां त्यागो नैवात्र विद्यते ।।१०८।।
सर्वान् वातामयान् कुष्ठानर्शांसि ग्रहणीगदम् । प्रमेहं वातरक्तं च नाभिशूलं भगन्दरम् ।।१०९।।
उदावर्त्तं क्षयं गुल्ममपस्मारमुरोग्रहम् । मन्दाग्निश्वासकासांश्च नाशयेदरुचिं तथा ।।११०।।
रेतोदोषहरः पुंसां रजोदोषहरः स्त्रियाः । पुंसामपत्यजनको बन्ध्यानां गर्भदस्तथा ।।१११।।
रास्नादिक्वाथसंयुक्तोविविधंहन्ति मारुतम् । काकोल्यादिश्रृतात्पित्तं कफमारग्वधादिना ।।११२।।
दार्वीश्रृतेन मेहांश्च गोमूत्रेण च पाण्डुताम् । मेदोवृद्धिं च मधुना कुष्ठं निम्बश्रृतेन वा ।।११३।।
छिन्नाक्वाथेनवातास्रंशोथं शूलं कणाश्रृतात् । पाटलाक्वाथसहितो विषं मूषकजं जयेत् ।।११४।।
त्रिफलाक्वाथसहितो नेत्रार्तिं हन्ति दारुणाम् । पुनर्नवादिक्वाथेन हन्ति सर्वोदराण्यपि ।।११५।।

102-115. Yogarāja Guggulu Rasāyaṇam:

Ingredients: Dried ginger, *pippalīmūla*, *pippalī*, *cavya*, *citraka*, asafoetida, *ajamodā*, mustard, black and white varieties of cumin seeds, *reṇukā*, *indrayava*,

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pāṭhā, *vāyaviḍanga*, *gajapippalī*, *kaṭukī*, *ativiṣā*, *bhārgī*, *vacā*, *mūrvā*, powder of the *triphalā* herbs, *guggulu*, *vanga bhasma*, *rajata bhasma*, *lauha bhasma*, *abhraka bhasma*, *nāga bhasma*, *manḍūra bhasma*, *rasa sindūra* and *ghṛitam*.

Process of Drug-Making: Obtain 100 gm. measure powder of the following twenty herbs: dried ginger, *pippalīmūla*, *pippalī*, *cavya*, *citraka*, asafoetida, *ajamodā*, mustard, black and white varieties of cumin seeds, *reṇukā*, *indrayava*, *pāṭhā*, *vāyaviḍanga*, *gajapippalī*, *kaṭukī*, *ativiṣā*, *bhārgī*, *vacā* and *mūrvā*. Obtain powder of the *triphalā* herbs measuring 4 kg. Take *guggulu* measuring 6 kg. Also take 50 gm. measure of the *vanga bhasma*, *rajata bhasma*, *lauha bhasma*, *abhraka bhasma*, *nāga bhasma*, *manḍūra bhasma* and *rasa sindūra*. First cook the *guggulu* by treating it along with water. When the *guggulu* is dissolved and the water is thickened add to it all the above materials. Compound the mix thoroughly. When it becomes consolidated prepare balls like pills measuring 3 gm. each out of it. Put them in a smooth container. Some physicians first treat the *guggulu* with *ghṛitam* before preparing the above recipe. While compounding the *guggulu*, *ghṛitam* could be added to it in small doses as well. After pulverizing handsomely the *guggulu* becomes very soft. For this purpose an iron mortar is used. One can also take a mortar made of a strong stone. Using an iron mortar blackens the preparation.

Method of use/Administration: One should take the doses of this medicinal *guggulu* in doses of 4 gm. (if it is not combined with above *bhasmas*) or in doses of 500-750 mg. (if it is combined with the above *bhasmas*).

If taken along with decoction of *rāsnā* and other herbs (i.e. *Rāsnādi Kvātha*) it is more effective in *vāta roga*, if taken with decoction of *kākolī* group of herbs, it cures the diseases connected to *pitta*. If taken with decoction of *āragvadha* group of herbs (*Āragvadhādi Kvātha*) it checks the *kapha* related diseases, taken with decoction of *dāru haridrā* it checks *prameha* (i.e. urinary disorders including diabetes). If taken with cow urine, the *Yogarāja Guggulu* checks anemia and if taken with honey it checks fat depositions in the body. To check skin diseases like *kuṣṭha* it should be taken along with decoction of *neem*. For gout it should be taken with decoction of *guḍūcī*, for *śotha* and colic pain it should be taken with decoction of *pippalī*. If taken with decoction of *pāṭala* it can treat one indisposed by bite of mouse. Taken with the decoction of *triphalā* herbs it checks the painful eye diseases. Taken with the decoction of *punarnavā* and other herbs it cures one from all kinds of problems related to gastro intestinal tract.

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Therapeutic benefits: This medicine is famous as *Yogarāja Guggulu*. This *Yogarāja Guggulu* is very effective in checking disorders of all the three *doṣas*. Taking with a proper dieting, this medicine cures one of many kinds of indispositions including *vāta roga*, skin diseases (*kuṣṭha*), piles, *grahaṇī*, *prameha* (i.e. urinary disorders including diabetes), gout, pain in the naval region, *bhagandara*, *udāvarta*, consumption, *gulma*, epilepsy, congestion in chest, lost appetite, bronchitis, *kāsa* (coughs) and anorexia. It removes the disorders of generative fluids among both males and females. It regulates the menstrual flow and enables sterile women to conceive.

(*Śārangdhar Samhitā*)

वातगजाङ्कुशः–

मृतं सूतं मृतंलोहं ताप्यं गन्धकतालकम् । पथ्या शृङ्गी विषं व्योषमग्निमन्थञ्च टङ्कणम् ।।११६।।
तुल्यंखल्लेदिनं मर्द्द्यं मुण्डीनिर्गुण्डिकाद्रवैः । द्विगुञ्जां वटिकां खादेत् सर्ववातप्रशान्तये ।।११७।।
कणाचूर्णयुतं चैव जिङ्गीक्वाथं पिबेदनु । साध्यासाध्यं निहन्त्याशु रसो वातगजाङ्कुशः ।।११८।।
सप्ताहाद् गृध्रसीं हन्ति दारुणं सान्निपातिकम् । कोष्टुशीर्षकवातञ्चाप्यवबाहुकसंज्ञकम् ।।११९।।
मन्यास्तम्भमुरुस्तम्भं वातरोगं विनाशयेत् । पक्षाघातादिरोगेषु कथितः परमोत्तमः ।।१२०।।

116-120. Vāta Gajānkuśa Rasa:

Ingredients: *Sūta bhasma*, *lauha bhasma*, *gandhaka*, *tāla*, *mākṣika*, *pathyā*, *śṛingī*, *viṣa*, *vyoṣa*, *agnimantha*, *tañkaṇa*, juice of *munḍī* and *nirgunḍī*.

Process of Drug-Making: Obtain 12 gm. each of *sūta bhasma*, *lauha bhasma*, *gandhaka*, *tāla*, *Mākṣika*, *pathyā*, *śṛingī*, *viṣa*, *vyoṣa*, *agnimantha* and *tañkaṇa*. Triturate them in a mortar for one day with the juice of *munḍī* and *nirgunḍī*. Prepare pills measuring 250 mg. each.

Therapeutic benefits: Intake of this medicine cures both the curable and otherwise incurable *vaṭīk* diseases. This is called *Vāta Gajānkuśa Rasa*. Taking this medicine for one week checks such indispositions as *pakṣāghāta* (paralysis of one side), *gṛidharasī* (sciatica), *krośṭuka śīrṣa* (arthritis of knee joint), *manyāstambha* (torticolis) and *urustambha* (stiffness of thighs).

(*Rasendra Sār Sangraha*)

वातगजाङ्कुशः (बृहत्)–

सूताभ्रतीक्ष्णकान्तानिताम्रतालकगन्धकम् ।स्वर्णशुण्ठीबलांधान्यंकट्फलञ्चाभयां विषम् ।।१२१।।
पथ्यां शृङ्गीपिप्पलींचमरिचं टङ्कणं तथा । तुल्यं खल्ले दिनं मर्द्द्यं मुण्डीनिर्गुण्डिजैर्द्रवैः ।।१२२।।

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द्विगुञ्जां वटिकां खादेत्सर्ववातप्रशान्तये । साध्यासाध्यं निहन्त्याशु बृहद्वातगजाङ्कुशः ।।१२३।।

121-123. Vātagajānkuśa Rasa (Major Variety):

Ingredients: Purified *pārada*, purified *haritāla*, purified *gandhaka*, *abhraka bhasma*, *lauha bhasma* (*tīkṣana* variety), *lauha bhasma* (*kānta* variety), *tāmra bhasma*, *svarṇa bhasma*, dried ginger, *balā* (root), coriander seeds, *kaṭphala*, *harītakī*, purified *viṣa*, *śṛṅgī*, *pippalī*, *marica*, purified borax, decoction of *munḍī* and decoction or juice of *nirgundī* leaves.

Process of Drug-Making: Take 12 gm. measure powder each of purified *pārada*, purified *haritāla*, purified *gandhaka*, *abhraka bhasma*, *lauha bhasma* (*tīkṣana* variety), *lauha bhasma* (*kānta* variety), *tāmra bhasma*, *svarṇa bhasma*, dried ginger, *balā* (root), coriander seeds, *kaṭphala*, *harītakī*, purified *viṣa*, *śṛṅgī*, *pippalī*, *marica* and purified borax.

First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the materials into it. Mortar the preparation through decoction of *munḍī* as well as decoction or juice of *nirgundī* leaves. Make pills measuring 250 mg. each out of the preparation and dry them.

Method of use/Administration: One should take one pill of this medicine everyday.

Therapeutic benefits: This medication cures one from all kinds of *vāta* related diseases.

(*Rasendra Sār Sangraha*)

महावातगजाङ्कुशः–

मृताभ्रतीक्ष्णताम्रञ्चसूततालकगन्धकम् । भार्गीशुण्ठीबलाधान्यं कट्फलञ्चाभया विषम् ।।१२४।।
सम्पिष्य चपलाद्रावैर्निष्कैकां भक्षयेद्वटीम् । वातश्लेष्महरो ह्येष गुरुवातगजाङ्कुशः ।।१२५।।

124-125. Mahāvāta Gajānkuśa Rasa:

Ingredients: *Abhraka bhasma*, *lauha bhasma* (*tīkṣana*), *tāmra bhasma*, purified *pārada*, *haritāla bhasma*, purified *gandhaka*, *bhārgī*, dried ginger, *balā*-roots, coriander seeds, *kaṭphala*, *vibhītakī*, purified *vatsanābha viṣa* and decoction of *pippalī*.

Process of Drug-Making: Take 12 gm. measure powder each of *abhraka bhasma*, *lauha bhasma* (*tīkṣana*), *tāmra bhasma*, purified *pārada*, *haritāla*

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bhasma, purified *gandhaka*, *bhārgī*, dried ginger, *balā*- roots, coriander seeds, *kaṭphala*, *vibhītakī* and purified *vatsanābha viṣa*.

First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the materials to it. Mortar the preparation through decoction of *pippalī*. Make pills measuring 250 mg. each out of the preparation and dry them.

Therapeutic benefits: This medicine is known as *Mahāvātagajānkuśa Rasa*. It is effective in *vāta vyādhī* as well as in indisposition due to disordered *kapha*.

(*Rasendra Sār Sangraha*)

लध्वानन्दरसः (र. सा. सं.)–

पारदो गन्धको लौहमभ्रकं विषमेव च । समांशं मरिचस्याष्टौ टङ्कणन्तु चतुर्गुणम् ।।१२६।।
भृङ्गराजरसेनैव दातव्याः सप्त भावनाः । तथा दाडिमतोयेन वटीं कुर्यात् समाहितः ।।१२७।।
निहन्ति वातजान् रोगान् भ्रमदाहपुरःसरान् ।।१२८।।

126-128. Laghvānanda Rasa:

Ingredients: *Pārada*, *gandhaka*, *lauha bhasma*, *abhraka bhasma*, purified *viṣa*, powder of *marica*, purified borax, juice of *bhṛingarāja* and juice of pomegranate.

Process of Drug-Making: Take one part each of *pārada*, *gandhaka*, *lauha bhasma*, *abhraka bhasma* and purified *viṣa*, eight parts of powder of *marica* and four parts of purified borax. Combine them together and process them through *bhāvanā* method for seven consecutive times using the juice of *bhṛingarāja*. Following that churn the preparation with juice of pomegranate and prepare pills measuring 250 mg. each.

Therapeutic benefits: This recipe cures one from *vāta* diseases associated with giddiness and burning sensation.

(*Rasendra Sār Sangraha*)

गगनादिवटी (र. सा. सं.)–

मृतगगनरसार्कं मुण्डतीक्ष्णं सताप्यंसवलि सममिदं स्याद् यष्टितोयप्रपिष्टम् ।
तदनु सलिलजातैर्वासकैर्गोस्तनीभिर्मृदितमनु विदारीवारिणा घस्रमेकम् ।।१२९।।
घृतमधुसहितेयं निष्कमात्रा वटीति क्षपयति गुरुवातं पित्तरोगं क्षयं च ।
भ्रममदकफशोषान् दाहतृष्णासमुत्थान् मलयजमिह पेयं चानुपेयं सचन्द्रम् ।।१३०।।

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129-130. Gaganādi Vaṭī:

Ingredients: *Abhraka bhasma*, *pārada bhasma*, *tāmra bhasma*, *lauha bhasma* (*munḍa* and *tīkṣṇa* types), *svarṇamākṣika bhasma*, *gandhaka bhasma*, decoction of *madhuyaṣṭī*, juice of *aḍuṣā*, decoction of raisin fruits and juice of *vidārīkanda*.

Process of Drug-Making: Take in equal parts the *abhraka bhasma*, *pārada bhasma*, *tāmra bhasma*, *lauha bhasma* (*munḍa* and *tīkṣṇa* types), *svarṇamākṣika bhasma* and *gandhaka bhasma*. Combine them together and triturate them separately with decoction of *madhuyaṣṭī*, juice of *aḍuṣā*, decoction of raisin fruits and juice of *vidārīkanda* for one day. Prepare pills measuring 125 mg. each.

Method of use/Administration: Consume this pill with *ghṛitam* and honey taken in unequal parts (i.e. 1:2 ratio). After taking this medicine consume white sandalwood and camphor. (The sandalwood rubbed along with water to get a *kalka* like substance out of it. Following that this substance should be dissolved in camphor.)

Note: The doses of this medicine can be 125-250 mg. It is better to replace purified *pārada* with *Rasa sindūra*. It is more helpful in *vāta* diseases that have been affected by disordered *pitta*.

Therapeutic benefits: It removes *vāta roga*, *pitta roga*, consumption, giddiness, insanity, *kapha* diseases, *śoṣa*, burning sensation and morbid thirst.

(*Rasendra Sār Sangraha*)

कुब्जविनोदो रसः (र. सा. सं.)–

रसगन्धौ समौ शुद्धौ चाभयातालकंतथा । विषं च कटुकी व्योषं बोलजैपालकौ समौ ।।१३१।।
भृङ्गराजरसैर्मर्द्द्यं स्नुह्यर्कस्वरसैस्तथा । गुञ्जाद्वयं भक्षयेच्च हृच्छूलं पार्श्वशूलकम् ।।१३२।।
आमवाताढ्यवातादीन् कटिशूलं च नाशयेत् । अग्निं च कुरुते दीप्तं स्थौल्यं चाप्यपकर्षति ।।
रसः कुब्जविनोदोऽयं गहनानन्दभाषितः ।।१३३।।

131-133. Kubjavinoda Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *abhayā*, purified *haritāla*, purified *viṣa*, *kaṭukī*, *tṛikaṭu* herbs, *bola*, purified *jātīphala*, juice of *bhṛingarāja*, *snuhī* and *arka* plants.

Process of Drug-Making: Take in equal parts purified *pārada*, purified *gandhaka*, *abhayā*, *haritāla bhasma*, purified *viṣa*, *kaṭukī*, *tṛikaṭu* herbs, and purified *bola jaipāla*. Compound them together and churn them separately with

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the juice of *bhṛingarāja*, *snuhī* and *arka* plants. Make pills measuring two *raktikās* (=250 mg.) each.

Therapeutic benefits: This medicine is effective in heart pain, pain of the sides, *vāta roga*, pain in waist and the like. It is a great appetizer and it removes obesity. This medicine has been prescribed by Gahanānand.

(*Rasendra Sār Sangraha*)

सर्वांगकम्पारिरसः (र. र.)–

मृतं सूतं मृतं ताम्रं मर्दयेत्त्रिकटुद्रवैः । एकविंशतिवारं च शोष्यं पेष्यं पुनः पुनः ।।१३४।।
चणमात्रा वटी भक्ष्या रसः सर्वाङ्गकम्पजित् ।।१३५।।

134-135. Sarvānga Kampāri Rasa:

Ingredients: *Pārada bhasma*, *tāmra bhasma* and decoction of *triṭkaṭu* herbs.

Process of Drug-Making: Take in equal parts the *pārada bhasma* and *tāmra bhasma*. Mortar them together and process the mix through *bhāvanā* method for 21 consecutive times with decoction of *triṭkaṭu* herbs. After each process of *bhāvanā* the drug should be dried and pulverized. After the circle of 21 *bhāvanā* is completed make pills out of it measuring 250 mg. each.

Methof of Use/Administraiton: Consume one pill along with honey.

Therapeutic benefits: Taking this medicine removes the paralysis of the entire body.

(*Ras Ratnākar*)

चिन्तामणिरसः–

कर्षैकं रससिन्दूरं तत्समं मृतमभ्रकम् । तदर्धं मृतलोहञ्च स्वर्णं शाणं क्षिपेद् बुधः ।।१३६।।
कन्यारसेन सम्मर्द्यगुञ्जामानां वटीं चरेत् । अनुपानादिकं दद्याद् बुद्ध्वा दोषबलाबलम् ।।१३७।।
हन्ति श्लेष्मान्वितं बातं केवलं पित्तसंयुतम् । हल्लासमरुचिं दाहं वान्तिं भ्रान्तिं शिरोग्रहम्।।
प्रमेहं कर्णनादञ्च ज्वरगद्गदमूकताम् । बाधिर्यं गर्भिणीरोगमश्मरीं सूतिकामयम् ।।१३९।।
प्रदरं सोमरोगञ्च यक्ष्माणं ज्वरमेव च । बलवर्णाग्निदः सम्यक् कान्तिपुष्टिप्रसाधकः ।।
चिन्तामणिरसश्चायं चिन्तामणिरिवापरः ।।१४०।।

136-140. Cintāmaṇi Rasa:

Ingredients: *Rasa sindūra*, *abhraka bhasma*, *lauha bhasma*, *svarṇa bhasma* and pulp of *ghṛitakumārī*.

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Process of Drug-Making: Take 12 gm. measure of *rasa sindūra* and *abhraka bhasma*, 6 gm. measure of *lauha bhasma* and 3 gm. measure of *svarṇa bhasma* and triturate them together with pulp of *ghṛitakumārī*. Continue the process for three hours and make pills measuring 125 mg. each.

Method of use/Administration: One pill of this medicine should be taken everyday along with the *anupāna* decided as per the digestive power of the patient.

Therapeutic benefits: This drug is effective in a variety of diseases including *vāta roga*, vomiting, anorexia, burning sensation in the hands and feet, giddiness, *prameha* (i.e. urinary disorders including diabetes), disturbed ears, fever, hoarseness of voice, dumbness, deafness, diseases of pregnancy, diseases related to delivery, *aśmarī*, disordered menstruation, tuberculosis and related fever. This medicine is a great appetizer; it promotes the complexion and beauty of the body. This medicine has been famous as capable of removing worries (*cintā*).

(*Rasendra Sār Sangraha*)

चिन्तामणिचतुर्मुखः–

विशुद्धं रससिन्दूरं तदर्धं लौहमभ्रकम् । तदर्धं कनकं खल्ले कन्यास्वरसमर्दितम् ।।१४१।।
एरण्डपत्रैरावेष्ट्य धान्यराशौ निधापयेत् । त्रिदिनान्ते समुद्धृत्य सर्वरोगेषु योजयेत् ।।१४२।।
एतद्रसायनवरं त्रिफलामधुसंयुतम् । तद्यथाग्निबलं खादेद्वलीपलितनाशनम् ।।१४३।।
अपस्मारं महोन्मादं रोगान् वातसमुद्भवान् । क्रमेण शीलितं हन्ति वृत्रमिन्द्राशनिर्यथा ।।१४४।।

141-144. Cintāmaṇi Caturmukha Rasa:

Ingredients: *Rasa sindūra*, *lauha bhasma*, *abhraka bhasma*, *svarṇa bhasma*, pulp of *ghṛitakumārī* and leaves of *eraṇḍa*.

Process of Drug-Making: Take *rasa sindūra* in 12 gm. measure, *lauha bhasma* and *abhraka bhasma* each measuring 6 gm. and 3 gm. of *svarṇa bhasma*. Combined them together and prepare a fine powder out of the mix. Process the mix through pulp of *ghṛitakumārī* for three hours. Wrap the lump thus obtained with leaves of *eraṇḍa* and place it inside a heap of paddy for three days. On fourth day remove out the lump and separate it from the *eraṇḍa* leaves. Compound the lump into a fine powder.

Method of use/Administration: Take this medicine in doses of 25 mg. with the powder of *triphalā* herbs and honey.

Therapeutic benefits: It removes the indisposition identified as *vali palit*, epilepsy, insanity and all kinds of diseases produced by disordered *vāta*. The

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medicine is as effective in removing diseases as the *vajra* of Indra in removing trees.

वातचिन्तामणि (बृहत्)–

भागत्रयंस्वर्णभस्मद्विभागं रौप्यमभ्रकम् । लौहात् पञ्च प्रवालञ्च मौक्तिकं त्रयसम्मितम् ।।१४५।।
भस्मसूतं सप्तकञ्च कन्यारसविमर्दितम् । वल्लमात्रा वटी कार्या भिषग्भिः परियत्नतः ।।१४६।।
यथाव्याध्यनुपानेन नाशयेद्रोगसंकुलम् । वातरोगं पित्तकृतं निहन्ति नात्र चिन्तनम् ।।१४७।।
वृद्धोऽपि तरुणस्पर्द्धी कन्दर्पसमविक्रमः । दृष्टः सिद्धफलश्चायं वातचिन्तामणिस्त्विह ।।१४८।।

145-148. Vāta Cintāmaṇi Rasa (Major Type):

Ingredients: *Svarṇa bhasma*, *rajata bhasma*, *abhraka bhasma*, *lauha bhasma*, *pravāla bhasma*, *muktā bhasma*, *pārada bhasma*, *rasa sindūra* and juice pulp of *ghṛitakumārī*.

Process of Drug-Making: Take *svarṇa bhasma* measuring 35 gm., *rajata bhasma* and *abhraka bhasma* measuring 23 gm. each, *lauha bhasma* measuring 58 gm. *Pravāla* and *muktā bhasma* measuring 35 gm. each and *pārada bhasma* and *rasa sindūra* measuring 81 gm. each. Combine them together and triturate them along with the juice of pulp of *ghṛitakumārī* for three hours. Make pills measuring 250 mg. each.

Therapeutic benefits: Taken along with proper *anupānas* this medicine removes all kinds of diseases particularly those related to vitiated *vāta* and *pitta*. By taking this medicine even an old person behaves like a teenager. This medicine provides one with a strong aphrodisiac power.

चतुर्मुखो रसः–

रसगन्धकलौहाभ्रं समं सूताङ्घ्रहेम च । सर्वं खल्लतले क्षिप्त्वा कन्यास्वरसमर्दितम् ।।१४९।।
एरण्डपत्रैरावेष्ट्य धान्यराशौ दिनत्रयम् । संस्थाप्य च तदुद्धृत्य सर्वरोगेषु योजयेत् ।।१५०।।
एतद्रसायनवरं त्रिफलामधुयोजितम् । तद्यथाग्निबलं खादेद्वलीपलितनाशनम् ।।१५१।।
क्षयमेकादशविधंपाण्डुरोगं प्रमेहकम् । श्वासं शूलञ्च मन्दाग्निं हिक्काञ्चैवाम्लपित्तकम् ।।१५२।।
व्रणान्सर्वानाढ्यवातं विसर्पं विद्रधिं तथा । अपस्मारं महोन्मादं सर्वार्शांसि त्वगामयान् ।।१५३।।
क्रमेण शीलितं हन्ति वृक्षमिन्द्राशनिर्यथा । पौष्टिकं बल्यमायुष्यं स्त्रीणां प्रसवकारणम् ।।१५४।।
चतुर्मुखेन देवेन कृष्णात्रेयस्य सूचितम् । जगतां च हितार्थाय चतुर्मुखमुखोदितः ।
रसश्चतुर्मुखो नाम चतुर्मुख इवापरः ।।१५५।।

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149-155. Caturmukho Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma*, *abhraka bhasma*, *svarṇa bhasma*, pulp of *ghṛitakumārī* and leaves of *eraṇḍa*.

Process of Drug-Making: Take 12 gm. each of purified *pārada*, purified *gandhaka*, *lauha bhasma* and *abhraka bhasma* and *svarṇa bhasma* equal to 3 gm. First of all prepare *kajjalī* out of purified *pārada* and purified *gandhaka* and add rest of the materials into it. Mortar them with the pulp of *ghṛitakumārī* for three hours and make a lump out of it. Wrap this lump with the leaves of *eraṇḍa* and bury it in the middle of a heap of paddy for three days. On fourth day remove out the lump and separate it from the *eraṇḍa* leaves. Take out the compound and pulverize the same. FInally dry the recipe.

Method of use/Administration: The medicine should be consumed in doses of 125 mg. to 250 mg. daily along with powder of *triphalā* and honey.

Therapeutic benefits: If this medicine is consumed with proper *anupānas* it can cure all types of diseases. This is one of the best medicines in its kind. The dosage should be decided after diagnosing the digestive power of the patient.

This medicine is capable of curing 11 types of *kṣaya*, *pāṇḍu*, *prameha* (i.e. urinary disorders including diabetes), asthma, *śūla*, loss of digestive power, hiccups, *āmlapitta*, all types of *vraṇa*, *ādhyavāta*, *visarpa*, *vidradhi*, *apasmāra*, severe excitement, all types of piles and all types of skin diseases. This medicine is as effective as the *vajra* of Indra in felling trees. This medicine makes one healthier, corrects one's complexion, and equips the user with strength and aphrodisiac power. With its help even a sterile woman can conceive. This medicine has been propounded by God Brahmā for welfare of mankind. The same has been orated to Kṛiṣṇātreyajī. The medicine acts like the other Brahmā in curing ill health.

(Rasendra Sār Sangraha)

लक्ष्मीविलासो रसः–

पलं कृष्णाभ्रचूर्णस्य तदर्धौ रसगन्धकौ । बलानागबलाभीरुविदारीकन्दमेव च ।।१५६।।
कृष्णधुस्तूरनिचुलं गोक्षुरवृद्धदारयोः । बीजं शक्राशनस्यापि जातीकोषफले तथा ।।१५७।।
कर्पूरञ्चैव कर्षांशं श्लक्ष्णचूर्णं पृथक् पृथक् । गृहीत्वा चाष्टमांशेन स्वर्णं पर्णरसेन च ।।१५८।।
वटिकांस्वित्रचणकप्रमाणांकारयेद्भिषक् । रसो लक्ष्मीविलासोऽयं पूर्ववद् गुणकारकः ।।१५९।।

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156-159. Lakṣmīvilasa Rasa:

Ingredients: *Kṛiṣṇābhraka bhasma*, purified *pārada*, purified *gandhaka*, roots of *balā*, root of *nāgabalā*, *śatāvarī*, *vidārīkanda*, purified seeds of black *dhatūra*, *samudra phena*, *gokṣura*, purified seeds of *vṛiddhadāraka*, purified seeds of *vijayā*, *jātīphala*, *jātīkoṣa* and camphor.

Process of Drug-Making: Take the following materials: *kṛiṣṇābhraka bhasma* (46 gm.), purified *pārada* (23 gm.), purified *gandhaka* (23 gm.) and 12 gm. powder each of root of *balā*, root of *nāgabalā*, *śatāvarī* and 1.5 gm. each of *vidārīkanda*, purified seeds of black *dhatūra*, *samudra phena*, *gokṣura*, purified seeds of *vṛiddhadāraka*, purified seeds of *vijayā*, *jātīphala*, *jātīkoṣa*, camphor and juice of betel leaves.

First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the materials into it. Finley mortar all these materials together, add 4 gm. measure of *svarṇa bhasma* to it and triturate the preparation along with juice of betel leaves for three hours. Prepare pills measuring 250 mg. out of the recipe and dry them.

Methof of Use/Administraiton: Consume one pill along with honey.

Therapeutic benefits: This medicine is known as *Lakṣmīvilāsa Rasa*. This medicine is capable of curing all types of diseases caused due to *vāta* disorder. If given with proper *anupānas*, it can cure all types of diseases.

(*Rasendra Sār Sangraha*)

योगेन्द्ररसः–

विशुद्धः रससिन्दूरं तदर्द्धं शुद्धहाटकम् । तत्समं कान्तलौहञ्च तत्समं चाभ्रमेव च ।।१६०।।
विशुद्धं मौक्तिकं चैव वङ्गञ्च तत्समं मतम् । कुमारिकारसैर्भाव्यं धान्यराशौ दिनत्रयम् ।।१६१।।
ततो रक्तिद्वयमितां वटीं कुर्याद्विचक्षणः । योगवाही रसो ह्येष सर्वरोगकुलान्तकृत् ।।१६२।।
वातपित्तभवान् रोगान् प्रमेहान् बहुमूत्रताम् । मूत्राघातमपस्मारं भगन्दरगुदामयान् ।।१६३।।
मूर्च्छोन्मादञ्च यक्ष्माणंपक्षाघातं हतेन्द्रियम् । शूलाम्लपित्तकं हन्ति भास्करस्तिमिरं यथा ।।१६४।।
त्रिफलारसयोगेन शुभया सितयाऽपि वा । भक्षयित्वा भवेद्रोगी कामरूपी सुदर्शनः ।।१६५।।
रात्रौ सेव्यं गवांक्षीरंकृशानाञ्चविशेषतः । योगेन्द्राख्यो रसोनाम्ना कृष्णात्रेयेण भाषितः ।।१६६।।

160-166. Yogendra Rasa:

Ingredients: *Rasa sindūra*, *svarṇa bhasma*, *kānta lauha bhasma*, *abhraka bhasma*, *muktā bhasma*, *vanga bhasma*, juice of *ghṛitakumārī's* pulp, leaves of *eranḍa*.

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Process of Drug-Making: Take the ingredients in the following measures: *rasa sindūra* (40 gm.), *svarṇa bhasma* (20 gm.), *kānta lauha bhasma* (20 gm.), *abhraka bhasma* (20 gm.), *muktā bhasma* (20 gm.) and *vanga bhasma* (20 gm.). Finely pulverize all these materials together and treat the mix through *bhāvanā* process using the juice of *ghṛitakumārī's* pulp for one day. Mortar the compound and prepare a lump out of it. Wrap the lump thus obtained with leaves of *eraṇḍa* and place it inside a heap of paddy for three days. On fourth day remove out the lump and separate it from the *eraṇḍa* leaves. Mortar the compound with juice of *ghṛitakumārī's* pulp and water. Prepare pills in measurement of 250 mg. each and dry them.

Therapeutic benefits: This medicine can cure all types of diseases if given proper *anupānas*. It can cure diseases caused due to *vāta* and *pitta*, 20 types of *prameha* (i.e. urinary disorders including diabetes), excessive urination, retention of urine, *apasmāra*, *bhagandara*, *arśa* (piles), anal problems, fainting, excessive excitement, tuberculosis, paralysis, weak senses, *śūla* and *āmlapitta*. The medicine cures the diseases the same way as the sun eradicates darkness. If this medicine is taken along with decoction of *triphalā*, powder of *vanśalocana* and sugar, the indisposed persons become free of diseases and assume handsome features. He becomes attractive like the God of lust, Kāmadeva. This medicine has been suggested by the great sage Kṛiṣṇātreyajī.

वातारिरसः (र. सा. सं.)–

रसभागो भवेदेकोद्विगुणोगन्धको मतः । त्रिगुणा त्रिफला ग्राह्या चतुर्भागं तु चित्रकम् ।।१६७।।
गुग्गुलुः पञ्चभागः स्याद्वुवुतैलेन मर्दयेत् । क्षिप्त्वाऽत्र पूर्वकं चूर्णं पुनस्तेनैव मर्दयेत् ।।१६८।।
गुडिकां कर्षमात्रां तु भक्षयेत्प्रातरुत्थितः । नागरैरण्डमूलानां क्वाथं तदनुपाययेत् ।
अभ्यज्यैरण्डतैलेन स्वेदयेत् पृष्ठदेशतः ।।१६९।।
विरेके तेन संजाते स्निग्धमुष्णं च भोजयेत् । वातारिसंज्ञको ह्येष रसो निर्वातसेवितः ।
मासेन मरुतो रोगान् हरेत् सुरतवर्जितः ।।१७०।।

167-170. Vatāri Rasa:

Ingredients: *Pārada bhasma*, *gandhaka bhasma*, powder of *triphalā* herbs, powder of *citraka*, *guggulu* and castor oil.

Process of Drug-Making: Take *pārada* in one part and *gandhaka* in two parts. Prepare *kajjalī* out of them and compound the *kajjalī* with powder of *triphalā* herbs (three parts) and powder of *citraka* (four parts). Obtain *guggulu* (in five parts) and triturate all of them along with castor oil. Now combine this

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processed *guggulu* with the combination of above powders. Subsequently, triturate the preparation. Make pills measuring 12 gm. each.

Method of use/Administration: Take this medicine in morning hours and after that drink decoction of dried ginger and roots of *eraṇḍa*. The castor oil should be used in massaging the back of the patient and in applying *svedana* therapy. After one's belly is emptied one should take warm and oily meals. One should take this medicine while staying in a place that is away from swift winds. During the period of this medication one should avoid having intercourse. Taking doses of 1 gm. of this medicine for one month relieves one from disease of *vāta*.

Therapeutic benefits: This medication would cause a laxative effect.

Note: This medicine has been found useful in *vāta roga*, hydrocele and hernia.

(*Rasendra Sār Sangraha*)

अनिलारिरसः (र. सा. सं.)–

रसेनगन्धं द्विगुणं विमर्द्य वातारिनिर्गुण्डिरसैर्दिनैकम् ।
निवेशयेत्ताम्रमये पुटे तत् सर्वं मृदावेष्ट्य च बालुकाख्ये ।।१७१।।
यन्त्रे पुटेद्गोमयचूर्णवह्नौ स्वभावशीते तु समुद्धरेत्तत् ।
निर्गुण्डिकावातहराग्नितोयैः संचूर्ण्य यत्नेन विभावयेत्तत् ।।१७२।।
रसोऽनिलारिः कथितोऽस्य वल्लमेरण्डतैलेन ससैन्धवेन ।
मरीचचूर्णेन ससर्पिषा वा निर्गुण्डिचित्रैश्च कटुत्रिकैर्वा ।।१७३।।

171-173. Anilāri Rasa:

Ingredients: *Pārada*, *gandhaka*, juice of *nirgunḍī*, *eraṇḍa* and *citraka*.

Process of Drug-Making: Take *pārada* in one part and *gandhaka* in two parts and prepare *kajjalī* out of them. Triturate the *kajjalī* along with juice of *nirgunḍī* and *eraṇḍa* for one whole day and dry the preparation. Place the preparation in copper bowls and close the bowl tightly using piece of cloth wet in mud. This pot should be placed inside a *Bālukā Yañtra* (a pot that is filled with sands i.e. *Bālukā*). Place the *Yañtra* over fire made of wild reeds. When the process is complete and the pot cools down to the atmospheric temprature, remove out the preparation and compound it into a fine powder. Process the powder through juices of *nirgunḍī*, *eraṇḍa* and *citraka* using *bhāvanā* method separately for each juice. Make pills measuring 375 mg. each.

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Method of use/Administration: This medicine is to be taken along with castor oil treated with rock salt or *ghṛitam* mixed with powder of *marica*, decoction of *nirgundī* and *citraka* or decoction of the *ṭrikaṭu* herbs.

Therapeutic benefits: This medicine removes all kinds of *vāta rogas*.

(*Rasendra Sār Sangraha*)

सर्वाङ्गसुन्दरो रसः (र. सा. सं.)–

शुद्धसूताभ्रताम्रायोहिङ्गुलं कार्षिकं समम् । गन्धकश्चैकभागः स्यात् सर्वमेकत्र मर्दयेत् ।।१७४।।
सप्तपर्णार्कस्नुक्क्षीरवासावातारिवारिणा । विषमुष्टिसमं सर्वं पेष्यं तद्गोलकीकृतम् ।।१७५।।
विपचेद्बालुकायन्त्रे द्वियामान्ते समुद्धरेत् । पिप्पलीविषसंयुक्तो रसः सर्वाङ्गसुन्दरः ।।१७६।।
सर्ववातविकारघ्नः सर्वशूलनिषूदनः ।।१७७।।

174-177. Sarvānga Sundaro Rasa:

Ingredients: *Bhasmas* of *pārada*, *abhraka*, *tāmra*, *hiñgula* and *gandhaka*, decoction of *saptaparṇā*, latex of *arka*, *snuhī*, juices of *aḍuṣā*, *eraṇḍa mūla*, purified *viṣamuṣṭi*, powder of *pippalī* and purified *viṣa*.

Process of Drug-Making: Take 12 gm. measure of the *bhasmas* of following: *pārada*, *abhraka*, *tāmra*, *hiñgula* and *gandhaka*. Compound them together and churn them separately along with decoction of *saptaparṇā*, latex of *arka* and *snuhī*, juices of *aḍuṣā* and *eraṇḍa mūla*. Mix 12 gm. measure of purified *viṣamuṣṭi* to the recipe and make a lump out of it. Put this lump in *saṁputa* and cook it through *Bālukā Yañtra* for six hours. Following this, add to it 12 gm. powder of *pippalī* and 12 gm. measure of purified *viṣa* and triturate the same.

Method of use/Administration: Start the dosage with 62 mg. measure and slowly increase the dosage as per condition of the patient.

Therapeutic benefits: The medicine thus obtained is known as *Sarvāngasundara Rasa* and it is capable of curing all types of *vāta* disorders and *śūla*.

(*Rasendra Sār Sangraha*)

शीतारिरसः (र. सा. सं.)–

रसेन गन्धं द्विगुणं प्रगृह्य पुनर्नवाऽग्निस्वरसैर्विभाव्य ।
पक्वार्कपत्रस्य रसेन पश्चाद् विपाचयेदष्टगुणेन यत्नाद् ।।१७८।।
रसार्द्धभागं च विषं च दत्त्वा विपाचयेदग्निजलेक्षणं तत् ।
शीतारिसंज्ञस्य रसायनस्य वल्लं च सार्द्धं मरिचार्द्रकेण ।

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मरीचचूर्णेन घृताप्लुतेन सेवेत मांसं च घृतं च पथ्यम् ।।१७९।।

178-179. Śītāri Rasa:

Ingredients: *Pārada*, *gandhaka*, juices of *punarnavā*, *citraka*, *arka* leaves, purified *viṣa* and juice of *citraka*.

Process of Drug-Making: Take one part of *pārada*, two parts of *gandhaka* and prepare *kajjalī* out of them. Process the *kajjalī* through the *bhāvanā* method separately with juices of *punarnavā* and *citraka* each. Add to the preparation, the liquid of boiled *arka* leaves (in a quantity that is equal to eight times of the *kajjalī*), fill the recipe into a bowl and cook the same in a *Bālukā Yañtra*. When the liquid in the bowl is evaporated remove it from the *Bālukā Yañtra*. Add to it powder of purified *viṣa* (in a quantity equal to half of *pārada*) and juice of *citraka*. Cook the same for few minutes. FInally, remove the preparation and prepare pills measuring one *valla* (375 mg.).

Method of use/Administration: Take one pill along with juice of ginger, and powder of pepper. Also with *ghṛitam* and pepper powder. In diet, include meat, *ghṛitam*, etc.

Therapeutic benefits: This medicine is known as *Śītari Rasa* and is one of the best medicines to cure *śīta vāta* effectively.

(*Rasendra Sār Sangraha*)

तालकेश्वरो रसः–

एकभागो रसस्यस्याच्छुद्धंतालं च तत्समम् । अष्टौ स्युर्विजयायाश्च गुडिका गुडतश्चरेत् ।।१८०।।
एकैकां भक्षयेत्प्रातश्छायायामुपवेशयेत् । तालकेश्वरनामाऽयं रोगश्चास्पर्शनाशनः ।।१८१।।

180-181. Tālkeśvara Rasa:

Ingredients: *Śuddha Rasa* (*pārada*), *Rasa sindūra*, purified *haritālabhasma*, powder of purified seeds of *vijayā* and old jaggery.

Process of Drug-Making: Take the following materials: *śuddha rasa* (*pārada*), *rasa sindūra* and purified *haritālabhasma* each in 48 gm. measure and 384 gm. measure powder of purified seeds of *vijayā*. Finely triturate all these materials together. Take old jaggery twice the weight of the above materials (i.e. 480 gm.) and mortar the compound along with it. Prepare pills measuring 1 gm. each.

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Method of use/Administration: Consume one pill of this medicine daily during morning hour and have a seat under the shade.

Therapeutic benefits: Regular intake of this *Tālkeśvara* medicine can cure disorders of *vāta* and nimbness (*sparśagyānabhāva*).

(*Rasendra Sār Sangraha*)

वातविध्वंसनरसः (र. सा. सं.)–

सूतमभ्रकसत्त्वंच कांस्यं शुद्धं च माक्षिकम् । गन्धकं तालकं सर्वं भागोत्तरविवर्द्धितम् ।।१८२।।
कज्जलीकृत्य तत्सर्वं वातारिस्नेहसंयुतम् । सप्ताहं मर्दयित्वा तु गोलकीकृत्य यत्नतः ।।१८३।।
निम्बुद्रवेण संपीड्य तिलकल्केन लेपयेत् । अर्द्धाङ्गुलदलेनैव परिशोष्य प्रयत्नतः ।।१८४।।
प्रपचेद्वालुकायन्त्रे द्वादशप्रहरं ततः । जठरस्य रुजः सर्वास्तथा च मलविग्रहम् ।।१८५।।
आध्मानकंतथाऽऽनाहंविसूचींवह्निमान्द्यकम् । आमदोषमशेषंच गुल्मं छर्दिं च दुर्जयाम् ।।१८६।।
ग्रहणीं श्वासकासौ च क्रिमिरोगंविशेषतः । हन्यात्सर्वाङ्गशूलं च मन्यास्तम्भं तथैव च ।।१८७।।
ज्वरे चैवातिसारे च शूलरोगे त्रिदोषजे । पथ्यं रोगानुसारेण देयमस्मिन् भिषग्वरैः ।।१८८।।
कथितो नन्दिनाथेन वातविध्वंसनो रसः ।।१८९।।

182-189. Vāta Vidhvansana Rasa:

Ingredients: *Pāradabhasma*, *abhrakabhasma*, *kānsyabhasma*, *svarṇamākṣika bhasma*, *gandhaka*, *haritālabhasma*, *eraṇḍa* oil, lemon juice and sesame seeds.

Process of Drug-Making: Obtain the ingredients in the following measures: *pārada* (one part), *abhraka bhasma* (two parts), *kānsya bhasma* (three parts), *svarṇamākṣika bhasma* (four parts), *gandhaka* (five parts) and *haritāla bhasma* (six parts). First of all prepare *kajjalī* out of *pārada* and *gandhaka* and add rest of the materials into it. Mortar the preparation continuously with *eraṇḍa* oil for seven days. Subsequently, triturate the same along with lemon juice and prepare a lump out of it. Pulverize sesame seeds and wrap the lump with *kalka* of these seeds creating a layer of half finger thickness. First dry the lump and subsequently place this lump in *Bālukā Yañtra* and cook it for 36 hours. Remove it from *Bālukā Yañtra* and preserve the drug.

Method of use/Administration: Dosage – 250-375 mg.

Therapeutic benefits: This medicine is capable of curing all types of problems related to gastro intestinal tract, loose motion, constipation, *ādhmāna*, *ānāha*, *viṣūcī*, loss of digestive power, all types of *āma* disorders, *gulma*, severe vomiting, *grahaṇī*, asthma, *kāsa* (coughs), certain worm diseases, *sarvāngaśūla*, *manyāstambha*, fever, diarrhoea, *śūla* and diseases of disordered *doṣas*. This

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medicine has been prepared by Śrī Nandinātha and is known as *Vātavidhvanśāna Rasa.*

(*Rasendra Sār Sangraha*)

वातनाशनो रसः (र. सा. सं.)–

सूतहाटकवज्राणि ताम्रंलौहं च माक्षिकम् । तालं नीलञ्जनं तुत्थं सिन्धुफेनं समांशिकम् ।।१९०।।
पञ्चानां लवणानां च भागैकं सुविमर्दयेत् । वज्रीक्षीरैर्दिनैकं तु रुद्ध्वा तं भूधरे पचेत् ।।१९१।।
माषैकमार्द्रकद्रावैर्लिह्याद् वातविनाशनम् । पिप्पलीमूलकक्वाथं सकृष्णमनुपाययेत् ।
सर्वान् वातविकारांश्च निहन्त्याक्षेपकादिकान् ।।१९२।।

190-192. Vātanāśāna Rasa:

Ingredients: *Sūtabhasma, hāṭakabhasma, vajrabhasma, tāmrabhasma, lauhabhasma, mākṣikabhasma, tālabhasma, nīlañjanabhasma, tutthabhasma, ahiphena,* five types of salts, latex of *vajrī* and juice of ginger.

Process of Drug-Making: Get equal parts of *sūtabhasma, hāṭakabhasma, vajrabhasma, tāmrabhasma, lauhabhasma, Mākṣikabhasma, tālabhasma, nīlañjanabhasma, tutthabhasma, ahiphena.* Add to their mix, one part of all the five types of salts and triturate the mix for one day by adding to it the latex of *vajrī.* Keep the recipe inside a *mūṣā* and cook it through *bhūdhara puṭa* by mixing juice of ginger.

Method of use/Administration: Consume this medicine in doses of 1 gm. The decoction of the root of *pippalī* mixed with the powder of *pippalī* may be used as *anupāna* of this recipe.

Therapeutic benefits: It cures all *vātika* diseases viz. *ākṣepaka,* etc.

(*Rasendra Sār Sangraha*)

वातकण्टको रसः (र. सा. सं.)–

वज्रं मृताभ्रहेमार्कतीक्ष्णमुण्डं क्रमोत्तरम् । मरिचं मर्दयेदम्ल-वर्गेण दिवसत्रयम् ।।१९३।।
द्विक्षारं पञ्चलवणं मर्दितं स्यात्समं समम् । ततो निर्गुण्डिकाद्रावैर्मर्दयेद्दिवसत्रयम् ।।१९४।।
शुष्कमेतद्विचूर्ण्याथ विषं चास्याष्टमांशतः । टङ्कणं विषतुल्यांशं दत्त्वा जम्बीरजैर्द्रवैः ।।१९५।।
भावयेद्दिनमेकं तु रसोऽयं वातकण्टकः । दातव्यो वातरोगेषु संनिपाते विशेषतः ।।१९६।।
द्विगुञ्जमार्द्रकद्रावैर्घृतैर्वा वातरोगिणे ।।१९७।।

193-197. Vātakaṇṭaka Rasa:

Ingredients: *Hīraka bhasma, abhraka bhasma, svarṇa bhasma, tāmra bhasma, tīkṣṇa lauha bhasma, muṇḍa lauha bhasma,* pepper powder, all the

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citrus juices, *yavakṣāra*, *svarjikṣāra*, five types of salts, juice of *nirgunḍī*, purified *viṣa*, borax and juice of *jambīra* lemon.

Process of Drug-Making: Take the ingredients in the following measures: *hīraka bhasma* (one part), *abhraka bhasma* (two parts), *svarṇa bhasma* (three parts), *tāmra bhasma* (four parts), *tīkṣana lauha bhasma* (five parts), *munḍa lauha bhasma* (six parts) and pepper powder (seven parts). Continuously triturate all these materials together along with all the citrus juices. Add to it one part each of *yavakṣāra*, *svarjikṣāra* and five types of salt and mortar it along with juice of *nirgunḍī* for three days. When the same gets dried up, pulverize it, add to it purified *viṣa* in 125 mg. measure and borax measuring one eighth of the compound. Process the preparation through *bhāvanā* method along with the juice of *jambīra* lemon for one day. The medicine thus obtained is known as *Vātakañṭaka Rasa*.

Method of use/Administration: Take 250 mg. of this medicine along with juice of ginger or *ghṛitam*.

Therapeutic benefits: Consume this medicine for *vāta* diseases and *sannipāta* diseases.

(*Rasendra Sār Sangraha*)

त्रैलोक्यचिन्तामणिरसः (र. सा. सं.)–

हीरं सुवर्ण सुमृतं च तारमेषां समं तीक्ष्णरजश्चतुर्णाम् ।
समं मृताभ्रं रससिंदुरं च निष्पिष्य तीक्ष्णस्य तथाश्मनो वा ।।१९८।।
खल्ले द्रवेणैव कुमारिकाया गुञ्जाप्रमाणां वटिकां प्रकुर्यात् ।
त्रैलोक्यचिन्तामणिरेष नाम्नां संपूज्य सम्यग्गिरिजां दिनेशम् ।।१९९।।
हन्त्यामयान् योगशतैर्विवर्ज्यानथ प्रणाशाय मुनिप्रणीतः ।
अस्य प्रसादेन गदानशेषाञ् जरां विनिर्जित्य सुखं विभाति ।।२००।।
स्निग्धे श्लेष्मण्यार्द्रकस्यरसेनपाययेत्सुधीः । शुष्केच माक्षिकेणैव पित्ते घृतसितायुतम् ।।२०१।।
श्लेष्मणि मारुते सम्यग् दुष्टे च समतां गते । कणाचूर्णं क्षौद्रयुतं प्रमेहे दुग्धसंयुतम् ।।२०२।।
बलवर्णाग्निजननः कासघ्नः कफवातजित् । आयुःपुष्टिकरो वृष्यः सर्वरोगनिषूदनः ।।२०३।।

198-203.Trilokya Cintāmaṇi Rasa:

Ingredients: *Hīraka bhasma*, *svarṇa bhasma*, *raupya bhasma*, *tīkṣana lauha bhasma*, *abhraka bhasma*, *rasa sindūra* and juice of *ghṛitakumārī*.

Process of Drug-Making: *Hīraka bhasma*, *svarṇa bhasma*, *raupya bhasma* and *tīkṣana lauha bhasma* all of these should be taken in equal parts. Take

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abhraka bhasma equal to the combined weight of these four materials and *rasa sindūra* equivalent to the *abhraka bhasma*. Mortar and collect all these materials together either in an iron mortar or on a stone slab by adding to it the juice of *ghṛitakumārī*. Prepare pills in measurement of 125 mg. each.

Method of use/Administration: This medicine is known as *Ṭrilokya Cintāmaṇi Rasa*. This should be consumed after worshiping Girijā and Sun God. If the patient's *kapha* gets fluid, the medicine should be consumed along with ginger juice and if it is dry then it should be consumed along with honey. In cases of *pitta roga* the medicine should be taken along with *ghṛitam* and sugar. If both *vāta* and *kapha* are disordered equally then the medicine should be taken with powder of *pippalī* and honey. In *prameha* (i.e. urinary disorders including diabetes) the same should be taken with milk.

Therapeutic benefits: This medicine has been prepared to cure those diseases which were not cured by hundreds of other medicines. Consumption of this medicine makes person to become disease free and the users gains longevity through the medicine. It promotes strength, complexion and digestive powers. It cures *kāsa* (coughs) and *kapha-vāta*. It provides longevity and aphrodisiac power as well.

(*Rasendra Sār Sangraha*)

रसराजः–

पलैकं शुद्धसूतस्य व्योमसत्त्वं च कार्षिकम् । तदर्धं काञ्चनं देयं कन्यारसविमर्दितम् ।।२०४।।
लौहं रूप्यं मृतं वङ्गं वाजिगन्धांलवङ्गकम् । जातीकोषं तथा क्षीरकाकोली च तदर्धतः ।।२०५।।
काकमाचीरसैः पिष्ट्वा पञ्चगुञ्जामिता वटी । क्षीरं च शर्करातोयमनुपानं प्रकल्पयेत् ।।२०६।।
पक्षाघातार्दिते वाते हनुस्तम्भेऽपतन्त्रके । धनुःस्तम्भेऽपताने च बाधिर्ये मस्तकभ्रमे ।।२०७।।
सर्ववातविकारेषु रसराजः प्रकीर्त्तितः । बल्यो वृष्यश्च भोग्यश्च वाजीकरण उत्तमः ।।२०८।।

204-208. Rasa Rāja:

Ingredients: Purified *pārada*, *rasa sindūra*, *abhraka bhasma*, *svarṇa bhasma*, pulp of *ghṛitakumārī*, *lauha bhasma*, *rajata bhasma*, *vanga bhasma*, *aśvagandhā*, clove, *jātīkoṣa*, *kṣīrakākolī* and juice of *kākamācī*.

Process of Drug-Making: Obtain the ingredients in the following measures: purified *pārada* (48 gm.), *rasa sindūra* (48 gm.), *abhraka bhasma* (12 gm.) and *svarṇa bhasma* (6 gm.). Place all these materials in a mortar and obtain a fine powder out of them. Triturate this compound along with pulp of *ghṛitakumārī* for

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three hours. Following this, add to the preparation, the *lauha bhasma*, *rajata bhasma*, *vanga bhasma*, *aśvagandhā*, clove, *jātīkoṣa* and *kṣīrakākolī* (powder) each measuring 3 gm. and compound the mix into a fine powder. Further pulverize this powder along with juice of *kākamācī* for three hours. Prepare pills measuring 625 mg. each and dry them.

Method of use/Administration: Take two pills of this medicine daily with milk and *śarkaratoya*.

Therapeutic benefits: This medicine is very beneficial in curing paralysis, *ardita vāta*, *hanustambha*, *apatañtraka*, *dhanustambhana*, *apatānaka*, *bādhirya*, *śirobhrama* and the like. This medicine provides strength and aphrodisiac power to the body.

नवग्रहरसः (र. यो. सा.)–

गौरीशिलाहिङ्गुलगन्धकं च रसश्च दुग्धाश्ममयूरतुत्थम् ।
तालं शिलाखर्परसंयुतं च कृत्वा समांशं नवखल्वमध्ये ।।२०९।।
सकारवेल्लीरसनिम्बतोयैर्यामद्वयेनापि विमर्द्य गाढम् ।
कूप्याश्च मध्ये विनिवेशयेच्च-सवालुकाग्निं च दिनं ददीत ।।२१०।।
सुस्वाङ्गशीतं च समुद्धरेत्तं ब्रीहिप्रमाणं नवनीतयुक्तम् ।
समस्तवातादिसपायुजं च सग्रन्थिकोटिं बहुमार्गजालम् ।।२११।।
निवारयेच्चापि विचित्रमेतन्नीरोगदेही सुखमाप्नुयाच्च ।
नवग्रहो नाम रसोत्तमो हि समस्तगुल्मोदरशूलनाशी ।।२१२।।

209-212. Navagraha Rasa:

Ingredients: Purified *viṣa*, purified *hiñgula*, purified *gandhaka*, purified *pārada*, *dugdhāśma*, blue *tutthaka*, *haritāla*, *manahśilā*, *kharpara*, juices of *kārvellaka* and *neem*.

Process of Drug-Making: Take equal parts of purified *viṣa*, purified *hiñgula*, purified *gandhaka*, purified *pārada*, *dugdhāśma*, blue *tutthaka*, *haritāla*, *manahśilā* and *kharpara*. Mortar these materials into a fine powder. Subsequently, triturate this compound separately with juices of *kārvellaka* and *neem* for three hours each. Dry the same and fill it in a glass bottle. Place the same in a *Bālukā Yañtra* and cook the recipe for whole day on fire. Subsequently, allow the preparation to cool down to the atmospheric temprature.

Method of use/Administration: Consume this medicine in doses equivalent to one grain of rice along with butter.

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Therapeutic benefits: This medicine cures all types of *vāta* disorders, *arśa* (piles), *granthi*, swelling sores, *gulma* and *śūla* etc. This medicine is known as *Navagraha* and is best among its kind.

(*Ra. Yo. Sā.*)

नवरत्नराजमृगाङ्करसः (यो. र.)–

सूतं गन्धकहेमताररसकं वैक्रान्तकान्तायसंवङ्गं नागपविप्रवालविमलामाणिक्यगारुत्मतम् ।
ताप्यंमौक्तिकपुष्परागजलजंवैडूर्यकंशुल्बकंशुक्तिस्तालकमभ्रहिङ्गुलशिलागोमेदनीलंसमम्।।२१३।।
गोक्षूरैः फणिवल्लिसिंहवदनामुण्डीकणाचित्रकैरिक्षुच्छिन्नरुहाहरप्रियजयाद्राक्षावरीजद्रवैः।
शोफघ्नीशतपत्रिकामधुजलैःसच्छाल्मलीधातकीजातीसस्यबलाचतुष्टयजलत्वग्देवपुष्पद्रवैः।।२१४।।
कक्कोलैर्मदनागकेशरजलैर्भाव्यं पृथक् सप्तधा भाण्डे सिन्धुभृतेमृगाङ्कवदयंपाच्यःक्रमाग्नौ दिनम् ।
भूयःप्राक्समुदाहृतैर्द्रवचयैस्तंभावयेत्पूर्ववत्पश्चात्तुल्यविभागशीतलरजःकस्तूरिकाभावना।।२१५।।
गोप्यादगोप्यतरं रसायनमिदं श्रीशंकरेणोदितंगुञ्जासिन्धुयुतं कणामधुयुतं शोफे सपाण्ड्वामये ।
वातव्याधिमुपद्रवैश्च सहित मेहांस्तथा विशतिंसंयोज्यं चहरीतकीगुडयुतंवातास्रके दुर्जये ।।२१६।।
गम्भीरे च गुडूचिसत्त्वचपलाक्षौद्रैस्तु संयोजितस्त्वाध्मानारुचिशूलमान्द्यकसनापस्मारवातोदरान् ।
श्वासान्संग्रहणींहलीमकमथोसर्वज्वरान्नाशयेद्धातून्पोषयतिक्षयंक्षपयतिश्यामाशतंयौवनम् ।।२१७।।
प्रौढाटोपयुतंकरोतिसहसातारुण्यगर्वोज्झितंसिद्धोराजमृगाङ्कएषजयति स्वस्वानुपानैर्गदान् ।।२१८।।

213-218. Navaratnarājmṛigānka Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *svarṇa bhasma*, *rajata bhasma*, *kharpara bhasma*, *vaikrānta bhasma*, *kānta lauha bhasma*, *vanga bhasma*, *nāga bhasma*, *hīraka bhasma*, *pravāla bhasma*, *vimala* (type of the *svarṇamākṣika*) *bhasma*, *māṇikya bhasma*, *markatmaṇi bhasma* (*pañca bhasma*), *svarṇamākṣika bhasma*, *muktā bhasma*, *puṣpa rāga bhasma*, *śankha bhasma*, *vaiduryamānī bhasma*, *tāmra bhasma*, *śukti bhasma*, *haritāla bhasma*, *abhraka bhasma*, purified *hiñgula*, purified *manahśilā*, *gomedmani bhasma*, *nīlam bhasma*, *gokṣura*, betel leaves, *aḍuṣā*, *mahāsrāvaṇikā*, *pippalī*, *citraka*, sugarcane, *guḍūcī*, *dhatūra*, *vijayā*, grapes, *śatāvarī*, *punarnavā*, rose, *madhuyaṣṭī*, *śālmali*, *dhātakī*, *jātīphala*, *balā*, *atibalā*, *mahābalā*, *nāgabalā*, *sugandhabālā*, cinnamon, clove, *kañkola*, *kastūrī*, *nāga keśara*, water of *kastūrī*, camphor and *kastūrī*.

Process of Drug-Making: Take 10 gm. each of purified *pārada*, purified *gandhaka*, *svarṇa bhasma*, *rajata bhasma*, *kharpara bhasma*, *vaikrānta bhasma*, *kānta lauha bhasma*, *vanga bhasma*, *śiśa bhasma*, *hīraka bhasma*, *pravāla bhasma*, *vimala* (type of the *svarṇamākṣikā*) *bhasma*, *māṇikya bhasma*, *markatmaṇi bhasma* (*pañca bhasma*), *svarṇamākṣika bhasma*, *muktā bhasma*, *puṣpa rāga bhasma*, *śankha bhasma*, *vaiduryamāṇi bhasma*, *tāmra bhasma*, *śukti*

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bhasma, *haritāla bhasma*, *abhraka bhasma*, purified *hiñgula*, purified *manahśilā*, *gomedmaṇi bhasma* and *nīlam bhasma*.

Mortar all these materials together. This compound should be treated with *bhāvanā* method for seven times. The *bhāvanā* process should be conducted with the following materials separately and the *bhāvanā* process should be repeated with each of the liquids for seven consecutive terms: the juices and decoctions (if the juices are not available) of *gokṣura*, betel leaves, *aḍuṣā*, *mahāsrāvaṇikā*, *pippalī*, *citraka*, sugarcane, *guḍūcī*, *dhatūra*, *vijayā*, grapes, *śatāvarī*, *punarnavā*, rose, *madhuyaṣṭī*, *śālmali*, *dhātakī*, *jātīphala*, *balā*, *atibalā*, *mahābalā*, *nāgabalā*, *sugandhabālā*, cinnamon, clove, *kañkola*, *kastūrī* and *nāga keśara* and water of *kastūrī*. After treating the compound through *bhāvanā* method for seven times each, make a lump out of it. Dry this lump, place it in a *śarāva* and close it tightly. Put this *śarāva* in a *lavaṇa yañtra* (a pot filled with rock salt) and cook the same on fire (*kramavrdhitāgni*). After properly cooking the recipe, let the same to cool down. Remove the compound from the cooled *śarāva* and again treat them with *bhāvanā* process for seven times each, similarly as done earlier with the above mentioned materials. Finally, mix into the recipe equal parts of camphor and *kastūrī* and repeat the *bhāvanā* method along with water and store the medicine.

Method of use/Administration: Its regular dosages are 125 mg. in measure. Consume this medicine along with rock salt, *pippalī* powder and honey. In cases of severe *vāta rakta*, the medicine should be given along with powder of *haraḍa* and jaggery. If this medicine is given along with abstract of *guḍūcī*, powder of *pippalī* and honey, it can cure *ādhmāna*, anorexia, *śūla*, loss of digestive power, coughs, *apasmāra* and *vātodara*, etc.

Therapeutic benefits: This medicine has been orated by God Mahādeva and it is believed to be one of the confidential medicine. This medicine can cure *śotha*, *pāṇḍu*, *vāta vyādhī* and 20 types of *prameha* (i.e. urinary disorders including diabetes). Apart from that this medicine is effective in cases of bronchitis, *sangrahaṇī*, anemia (*halīmaka*), all kinds of fever and consumption. It is a great nutrient and it equips one with great aphrodisiac strength. By taking this medicine regularly one can attain as much as aphrodisiac power as to liquidate the proud of young women. Taking with proper *anupānas* it can cure so many other diseases as well. This medicine is equipped with the famous nine jewels.

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दशमूलाद्यं घृतम्–

दशमूलस्य निर्यूहे जीवनीयैः पलोन्मितैः । क्षीरेण च घृतं पक्वं तर्पणं पवनार्तिजित् ।।
क्वाथोऽत्र त्रिगुणः सर्पिः प्रस्थः साध्यः पयः समम् ।।२१९।।

219. Daśamūlādya Ghṛitam:

Ingredients: *Mūrcchita ghṛitam*, decoction of *daśamūla* herbs, *jīvanīya* group of herbs (*jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *ṛiddhi*, *vṛiddhi*, *madhuyaṣṭī*, *jīvantī*, *mudgaparṇī* and *māṣaparṇī*) and milk.

Process of Drug-Making: Obtain *mūrcchita ghṛitam* (measuring 750 ml.) and decoction of *daśamūla* herbs measuring 2250 gm. One 46 gm. measure each of the *jīvanīya* group of herbs (*jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *ṛiddhi*, *vṛiddhi*, *madhuyaṣṭī*, *jīvantī*, *mudgaparṇī* and *māṣaparṇī*) are to be taken. Prepare a *kalka* of them by compounding them along with water. Raise 750 gm. of *mūrcchita ghṛitam* and equal amount of milk (750 ml.). Collect all these ingredients into a copper or brassware and cook the preparation on a slow heat.

Method of use/Administration: It should be taken in doses of 6-12 gm. along with lukewarm water or lukewarm milk.

Therapeutic benefits: This is called *Daśamūlādi Ghṛitam* which is very satisfying drug that controls effectively different kinds of *vāta* diseases.

(Cakradatt)

अश्वगन्धाद्यं घृतम्–

अश्वगन्धाकषाये च कल्के क्षीरं चतुर्गुणम् । घृतंपक्वन्तु वातघ्नं वृष्यं मांसविवर्द्धनम् ।।२२०।।

220. Aśvagandhādya Ghṛitam:

Ingredients: *Mūrcchita* cow *ghṛitam*, decoction of *aśvagandhā*, *kalka* of *aśvagandhā* and cow milk.

Process of Drug-Making: Take *mūrcchita* cow *ghṛitam* measuring about one litre and decoction of *aśvagandhā* four times the quantity of *mūrcchita ghṛitam*. *Kalka* of *aśvagandhā* measuring about 250 ml. and cow milk measuring about four liters. Cook all of them thoroughly.

Therapeutic benefits: This medicinal *ghṛitam* is effective in checking all types of *vāta* diseases. It develops fat in the body and equips the users with great aphrodisiac power.

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नकुलाद्यं घृतम्–

नकुलस्य च मांसस्य पचेत्प्रस्थं जलाढके । तत्समं दशमूलञ्च पक्वं माषबलान्वितम् ।।२२१।।
घृतप्रस्थं पचेत्तत्र चतुर्भागावशेषिते । शतावरीरसप्रस्थं गव्यदुग्धञ्च तत्समम् ।।२२२।।
अष्टौवर्गाश्चकाकोल्यौ जीवन्ती मधुयष्टिका । एला त्वचश्च पत्रञ्च त्रिकटु त्रिफला तथा ।।२२३।।
मुस्तकं नागजिह्वा च कर्षं कर्षं प्रदापयेत् । सर्ववातविकारेषु अपस्मारे विशेषतः ।।२२४।।
महोन्मादे पक्षघाते चाध्माने कोष्ठनिग्रहे । हस्तकम्पे शिरःकम्पे बाधिर्ये मूकमिन्मिने ।।२२५।।
ऊर्ध्वजत्रुगते वाते जङ्घापार्श्वादिसंश्रिते । नकुलाद्यमिदं नाम्ना ऊर्ध्वजत्रुगदापहम् ।।२२६।।

221-226. Nakulādya Ghṛitam:

Ingredients: Flesh of *nakula* (goose), water, decoction of *daśamūla* herbs, decoctions of *māṣa*, *pañcānga* of *balā*, *mūrcchita* cow *ghṛitam*, juice of *śatāvarī*, cow milk and *kalka* of herbs of *aṣṭavarga* (*jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *ṛiddhi*, *vṛiddhi*, *kākolī*, *kṣīrakākolī*, *jīvantī*, *madhuyaṣṭī*, smaller cardamom, cinnamon, cassia leaves, dried ginger, black pepper, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *mustā* and *anantamūla*).

Process of Drug-Making: Get the flesh of *nakula* (goose) measuring 750 gm. and decoct it in 3 litre water. Decoct the same until the original quantity is reduced to one fourth i.e. 750 ml. Remove it from the stove and sieve the same. Similarly obtain 750 gm. decoction of *daśamūla* herbs (in combination) boilled in water (3 litres). In the same fashion obtain 750 ml. measure decoctions each of *māṣa* and *pañcānga* of *balā*. Take 750 ml. each of *mūrcchita* cow *ghṛitam*, juice of *śatāvarī* and cow milk.

Make a *kalka* out of the following by pulverizing them on a stone slab along with water: herbs of *aṣṭavarga* (*jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *ṛiddhi*, *vṛiddhi*, *jīvantī*, *madhuyaṣṭī*, smaller cardamom, cinnamon, cassia leaves, dried ginger, black pepper, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *mustā* and *anantamūla*) each measuring 12 gm.

Put all these materials in a pot and cook methodologically to obtain *ghṛitam*.

Therapeutic benefits: This medicinal *ghṛitam* is capable of curing all types of *vāta* disorders specially *apasmāra*, insanity, paralysis, *ādhmana*, constipation, tremors in hand and head, *bādhirya*, dumbness and hoarse voice. It also cures *vāta* disorders affecting the knees, thighs, upper parts of the body and *pārśavagata vāta*. This medicine is known as *Nakulādya Ghṛitam*.

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छागलाद्यं घृतम्–

आजं चर्मविनिर्मुक्तं त्यक्तशृङ्गनखादिकम् । पञ्चमूलीद्वयञ्चैव जलद्रोणे विपाचयेत् ।।२२७।।
तेन पादावशेषेण घृतप्रस्थं विपाचयेत् । जीवनीयैः सयष्ट्याह्वैः क्षीरञ्चैव शतावरी ।।२२८।।
छागलाद्यमिदं नाम्ना सर्ववातविकारनुत् । अर्दिते कर्णशूले च बाधिर्यं मूत्रमिन्मिने ।।२२९।।
जडगद्गदपङ्गूनां खञ्जे गृध्रसिकुब्जयोः । अपतानेऽपतन्त्रे च सर्पिरेतत्प्रशस्यते ।।२३०।।
द्रोणेद्रव्यतुलाश्रुत्या स्याच्छागदशमूलयोः । पृथक् तुलार्द्धं यष्ट्याह्वद्वयं देयं द्विधोक्तितः ।।२३१।।

227-231. Chāgalādyam Ghṛitam:

Ingredients: Mutton, *daśamūla* herbs, water, *mūrcchita ghṛitam*, herbs of *jīvanīya* group, *yaṣṭi*, milk and *śatāvarī*.

Process of Drug-Making: Obtain 1500 gm. measure of mutton (see that its skin, horns and hooves are removed) and boil it along with *daśamūla* herbs, measuring 1500 gram taken in equal part, in 24 litre measure of water until its original quantity is reduced to one fourth. Strain out the decoction and along with 750 gm. measure of *mūrcchita ghṛitam* keep the same into an earthen pitcher. Add to the preparation *kalka* made out of the equal parts (15 gm. each) of the *madhuyaṣṭī* and herbs of *jīvanīya* group (*jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *ṛiddhi*, *vṛiddhi*, *jīvantī*,*mudgaparṇī* and *māṣaparṇī*). (As the herb *madhuyaṣṭī* has been mentioned twice, it should be taken in two parts i.e. 30 gm.). Also add to it, the 1500 ml. measure of milk as well as an 1500 ml. measure of the juice of plant *śatāvarī*. The preparation should be properly cooked thereafter.

In this formula, the materials to be decocted is to be taken in measure of 5 kg. while the water to be used is taken in measure of 12.50 litres. As such the amount of the *laghu pañcamūla* and the *bṛihat pañcamūla* should be taken in the quantity of 2.50 kg. only while the mutton is also taken in measure of 2.5 kg. As the herb *madhuyaṣṭī* has been mentioned twice, it should be taken in two parts.

Therapeutic benefits: The medicinal *ghṛitam* thus obtained is known as *Chagalādya Ghṛitam*. It cures all *vātika* diseases like *ardita* (facial paralyses), ear-ache, deafness, *mukatva* (dumbness), *minmina* (having nasal voice), *jaḍa* (aphasia), *gadgada*, *pangu* (lameness), *khanja*, *gṛidharasī* (sciatica), *kubja* (hunch back), *apatānaka* and *apatañtraka*.

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छागलाद्यं घृतम् (बृहत्)–

छागमांसतुलां गृह्य दशमूल्याः पलं शतम् । अश्वगन्धापलशतं वाट्यालकशतं तथा ।।२३२।।
घृताढकं पचेत्तोयैश्चतुर्भागावशेषितैः । क्षीरं स्नेहसमं दद्याच्छतावर्या रसं तथा ।।२३३।।
ताम्रपात्रे दृढे चैव शनैर्मृद्वग्निना पचेत् । अस्यौषधस्य कल्कस्य प्रत्येकं शुक्तिसम्मितम् ।।२३४।।
जीवन्तीमधुकं द्राक्षा काकोल्यौ नीलमुत्पलम् । मुस्तं सचन्दनं रास्ना पर्णिनीद्वयशारिवे ।।२३५।।
मेदे द्वे च तथा कुष्ठं जीवकर्षभकौ शटी । दार्वी प्रियङ्गुस्त्रिफला नतं तालीशपद्मकौ ।।२३६।।
एला पत्रं वरी नागं जातीकुसुमधान्यकम् । मञ्जिष्ठा दाडिमं दारु रेणुकं सैलबालुकम् ।।२३७।।
विडङ्गं जीरकञ्चैव पेषयित्वा विनिक्षिपेत् । वस्त्रपूते च शीते च शर्कराप्रस्थसंयुतम् ।।२३८।।
निधापयेत्स्निग्धभाण्डेमृन्मये भाजने शुभे । अस्यौषधस्य सिद्धस्य शृणु वीर्यमतः परम् ।।२३९।।
देवदेवं नमस्कृत्य सम्पूज्य गणनायकम् । पिबेत्पाणितलं तस्य व्याधिं वीक्ष्यानुपानतः ।।२४०।।
सर्ववातविकारेषु चापस्मारे विशेषतः । उन्मादे पक्षघाते च ह्याध्माने कोष्ठनिग्रहे ।।२४१।।
कर्णरोगे शिरोरोगे बाधिर्ये चापतन्त्रके । भूतोन्मादे च गृध्रस्यां सोद्गारे चाक्षिपातजे ।।२४२।।
पार्श्वशूले च हृच्छूले बाह्यायामे तथाऽर्दिते । वातकण्टकहृद्रोगे मूत्रकृच्छ्रं सपङ्गुते ।।२४३।।
क्रोष्टुशीर्षे तथा खञ्जे कुब्जे चाध्वनिमिन्मिने । अपतानेऽन्तरायामे रक्तपित्ते तथोर्ध्वगे ।।२४४।।
आनाहेऽर्शोविकारेषु चातुर्थकज्वरेऽपि च । हनुग्रहे तथा शोषे क्षीणे चैवावबाहुके ।।२४५।।
दण्डापतानके भग्ने दाहे चाक्षेपके तथा । जीर्णज्वरे विषे कुष्ठे शेफःस्तम्भे मदात्यये ।।२४६।।
आढ्यवातेऽग्निमान्द्ये च वातरक्तगदेषु च । एकाङ्गरोगिणे चैव तथा सर्वाङ्गरोगिणे ।।२४७।।
हस्तकम्पे शिरःकम्पे जिह्वास्तम्भे जडे भ्रमे । क्षीणेन्द्रिये नष्टशुक्रे शुक्रनिःसरणे तथा ।।२४८।।
स्त्रीणां वातास्रपाते च पटले चाक्षिस्पन्दने । एकाङ्गस्पन्दने चैव सर्वाङ्गस्पन्दने तथा ।।२४९।।
नगादिपतिते वाते स्त्रीणामप्राप्तिहेतुके । आभिचारिकदोषे च धनसन्तापसंभवे ।।२५०।।
ये वातप्रभवा रोगा ये च पित्तसमुद्भवाः । शिरोमध्यगता ये च जङ्घापार्श्वादिसंस्थिताः ।।२५१।।
मातृग्रहाभिभूतश्च शिशुर्यश्च विशुष्यति । प्रक्षीणबलमांसश्च न वर्त्मगमनक्षमः ।।२५२।।
घृतेनानेन सिद्ध्यन्ति वज्रमुक्तिरिवासुरान् । निहन्ति सकलान् रोगान् घृतं परमदुर्लभम् ।।२५३।।
रसायनं वह्निबलप्रदञ्च वपुःप्रकर्षं विदधाति रूपम् ।
दन्ताबलेन्द्रेण समानतेजा दीर्घायुषं पुत्रशतं करोति ।।२५४।।
स्त्रीणां शतं गच्छति वातिरेकं न याति तृप्तिं सरसः समाङ्गः ।
अपुत्रिणी पुत्रशतं करोति शतायुषं कामसमं बलिष्ठम् ।।२५५।।
महद्घृतं नाम तु छागलाद्यं विनिर्मितं वातनिषूदनञ्च ।
शिवं शुभं रोगमलापहञ्च चकार हारीतमुनिर्विशिष्टः ।।२५६।।

232-256. Cagalādyam Ghṛitam (Major Variety):

Ingredients: Mutton, water, *daśamūla* herbs, *pañcāngas* of *aśvagandhā* and *balā*, *mūrcchita* cow *ghṛitam*, milk, *śatāvarī*, *jīvantī*, raisin, grapes, *kākolī*, *kṣīrakākolī*, *nīlakamala*, *mustā*, red sandalwood, *rāsnā*, *mudgaparṇī*, *māṣaparṇī*, white *śārivā*, *kṛiṣṇa śārivā*, *medā*, *mahāmedā*, *kuṣṭha*, *jīvaka*, *ṛiṣabhaka*, *karcūra*, *dāru haridrā*, *priyangu*, *triphalā*, *tagara*, *tāliśapatra*, *padmaka*, smaller

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cardamom, cassia leaves, *śatāvarī*, *nāga keśara*, jasmine flowers, coriander seeds, *manjiṣṭhā*, pomegranate seeds, powder of *devadāru* wood, *hareṇukā*, *elvāluka*, *vāyaviḍanga*, cumin seeds and sugar.

Process of Drug-Making: Make decoction of mutton (5 kg.) in water (20 litre). Decoct the same until the original quantity is reduced to one fourth. Filter the decoction. Similarly prepare decoctions of the *daśamūla* herbs (taken in equal parts) separately and obtain 5 litre each of their decoctions. Take *pañcāngas* of *aśvagandhā* and *balā* measuring 5 kg. each and decoct them along with water measuring 20 litre each and prepare their separate decoctions. Also take *mūrcchita* cow *ghṛitam* measuring 3 kg., milk measuring 3 litre and 3 litre measure of *śatāvarī* juice.

Make *kalka* of the following materials measuring 23 gm. each along with water on a stone slab: *jīvantī*, raisin, grapes, *kākolī*, *kṣīrakākolī*, *nīlakamal*, *mustā*, red sandalwood, *rāsnā*, *mudgaparṇī*, *māṣaparṇī*, white *śārivā*, *kṛiṣṇa śārivā*, *medā*, *mahāmedā*, *kuṣṭha*, *jīvaka*, *ṛiṣabhaka*, *karcūra*, *dāru haridrā*, *priyangu*, *triphalā*, *tagara*, *tāliśapatra*,*padmaka*, smaller cardamom, cassia leaves, *śatāvarī*, *nāga keśara*, jasmine flowers, coriander seeds, *manjiṣṭhā*, pomegranate seeds, powder of *devadāru* wood, *hareṇukā*, *elvāluka*, *vāyaviḍanga*and cumin seeds.

Collect all the above decoctions, *ghṛitam*, milk, juice of *śatāvarī* and *kalka* in a copper pot and put it on stove. Cook the preparation methodologically on a slow heat. Sieve the preparation and let it cool down. When it is cooled, add to it sugar (750 gm.) and pour the same into an earthen jar (*mṛitikā patra*) coated with *ghṛitam*.

Method of use/Administration: After worshiping God Ganeśa, the prime God, take this medicine daily in doses of 6-12 gm. along with a suitable *anupāna*.

Therapeutic benefits: This *ghṛitam* is capable of curing all types of *vāta* disorders especially *apasmāra*, insanity, paralysis, *ādhmana*, *koṣthanigraha*, ear diseases, head diseases, deafness, *apatañtraka*, insanity caused by demons, *gridharasī*, belching, *akṣipāta* (conjunctivitis) *pārśavaśūla*, heartache, *bāhyayāma*, *ardita*, *vāta kañṭaka*, heart problems, retention of urine (*mūtrakṛichchhra*), *pāṇḍu*, *kroṣṭhuśīrṣa*, *khañja*, constipation, dumbness, stammering, *apatānak*, *āntarāyama*, upward moving *rakta pitta*, *ānāha*, all types of piles, *caturthik* fever, *hanugraha*, *śoṣa* (consumption), chronic fever, *viṣa*, *kuṣṭha* (skin diseases including leprosy), stiffness of penis, excessive intake of

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liquor, *ādhyavāta*, loss of digestive power, *vātarakta*, partial paralysis (*ekāngavāta*), complete paralysis (*sarvāngavāta*), tremors in hands and heads, stiffness in tongue, *jaḍatā* (loss of ability to move) and giddiness. This medicine had proved beneficial for the people who suffered from weakness in sense organs, loss of sperms via urine or during dreams and improper menstrual cycle of females. It also provides relief from *vāta* accumulated in the temple, disturbed movements of eyes, disturbed movements of one side of the body or the complete body (*ekāngavāta* and *sarvāngavāta*), paralysis caused due to falling from mountains and the like, disorders produced by sorcery (*ābhicarika kṛiyā*) and psychological worry caused because of loss of wealth or dear ones. This medicine effectively cures all diseases caused due to *vāta* and *pitta*, diseases caused at middle of scalp, *vāta* diseases located around thighs and sides (*pārśava*). A child who becomes lean because of celestial reasons or that child who is losing strength and body (*māns*) and/or who is finding difficulty in walking can get relief by using this medicine. This medicine gives vital nutrients to body, increases strength and stamina and also increases digestive power. Its intake helps people to become consolidated, more intellectual, in gaining good physique, longevity. The users can can easily become parents. The man who regularly consumes this medicine can enjoy more sex without feeling tired or weak. Sterile females can take this medicine to deliver children having good characteristics like being beautiful like Kāmadev, the God of lust, long living (upto 100 years) and strong. This auspicious and greatly effective medicinal *ghṛitam* is known as *Mahāchagalādyam Ghṛitam* It has been propounded by Sage Hārīt.

छागादीनां प्राशस्त्यम्–

शृगालबर्हिणोःपाकेपुमांसंतत्रदापयेत् । मयूरी जम्बुकी छागी वीर्यहीना स्वभावतः ।
भाषितं काशिराजेन छाग एव नपुंसकः ।।२५७।।

257. Wherever there is reference to jackal and birds of peacock group one should pertain only to male jackals and peacock and the like. According to Kāśirāj, likewise, wherever there is reference to he-goat one should refer only to eunuch goat. This is so because *mayūrī* (peacock), *jambukā* (a kind of jackal) and *chāgī* (goat) are by nature without semen.

हंसाद्यं घृतम्–

हंसमांसं तुलां नीत्वा जलद्रोणे विपाचयेत् । पादशेषे रसे तस्मिन् प्रस्थं प्रतनसर्पिषः ।।२५८।।

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सैन्धवं कुडवार्द्धञ्च दत्त्वा तैलमेरण्डजम् । कुडवं घृततुल्यं च क्षीरं भूलतासंभवम् ।।२५९।।
प्रक्षिप्यविपचेत्सर्पिः कुशलो मतिमान् भिषक् । पक्षाघातादिवातेषु घृतं स्यादमृतोपमम् ।।२६०।।

258-260. Hansādya Ghṛitam:

Ingredients: Old *ghṛitam* of a cow, meat of *hansa*, water, rock salt, *eraṇḍa* oil and *kṣīra* of earthworm.

Process of Drug-Making: Obtain *mūrcchita* old *ghṛitam* (750 gm.) of a cow, prepare decoction of meat of *hansa* (4.670 gm.) in water (13 litres), decoct it till the original quantity is reduced to 4.670 litre and make *kalka* of the following: rock salt (93 gm.), *eraṇḍa* oil (190 ml.) and *kṣīra* of earthworm (46 gm.). Combine all these materials together and obtain their *ghṛitam* by cooking the preparation methodologically.

Method of use/ Administration and Therapeutic benefits: Use this *ghṛitam* for massaging on the body affected with partial or complete paralysis. This would give relief to the patient.

रसोनतैलम् (च. द.)–

रसोनकल्कस्वरसेन पक्वं तैलं पिबेद् यस्त्वनिलामयार्त्तः ।
तस्याशु नश्यन्ति च वातरोगा ग्रंथा विशाला इव दुर्गृहीताः ।।२६१।।

261. Rasona Taila:

Oil (1 litre *mūrcchita*) boiled along with the juice (4 litres) as well as *kalka* (250 gm.) of *rasona* and water (16 litres) is useful for a patient suffering from *vātika* diseases.

(Cakradatt)

मूलकाद्यं तैलम् (च. द.)–

मूलकस्वरसं तैल क्षीरं दध्यम्लकाञ्जिकम् । तुल्यं विपाचयेत्कल्कैर्बलाचित्रकसैन्धवैः ।।२६२।।
पिप्पल्यतिविषारास्नाचबिकाऽगुरुचित्रकैः । भल्लातकवचाकुष्ठश्वदंष्ट्राविश्वभेषजैः ।।२६३।।
पुष्कराह्वशटीबिल्वशताह्वानतदारुभिः । तत्सिद्धं पीतमत्युग्रान्हन्तिवातात्मकान् गदान् ।।२६४।।

262-264. Mūlakādya Tailam:

Ingredients: Juice of radish, cow milk, sour curd, *kānji*, *balā*, root of *citraka*, rock salt, *pippalī*, *ativiṣa*, *rāsnā*, *cavya*, *agara*, *bhallātaka*, *vacā*, *kuṭaja*, *gokṣura*, dried ginger, *puṣkaramūla*, *karcūra*, pulp of *bilva*, aniseeds, *tagara*, *devadāru* and *mūrcchita* sesame oil.

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Process of Drug-Making: Take equal parts (i.e. 1 litre each) of juice of radish, cow milk, sour curd and *kānji*. Make *kalka* of the following materials: *balā*, root of *citraka*, rock salt, *pippalī*, *ativiṣa*, *rāsnā*, *cavya*, *agara*, *bhallātaka*, *vacā*, *kuṭaja*, *gokṣura*, dried ginger, *puṣkaramūla*, *karcūra*, pulp of *bilva*, aniseeds, *tagara* and *devadāru* (12 gm. each). Combine all these materials and cook it with *mūrcchita* sesame oil (four times the quantity of *kalka* i.e. 1 litre).

Therapeutic benefits: The medicinal oil thus obtained is very useful in curing severe *vāta* disorders.

(Cakradatt)

वायुच्छायासुरेन्द्रतैलम्–

वाट्यालकं पलशतं तत्समं दशमूलकम् । जलषोडशिके पक्त्वा पादशेषं समुद्धरेत् ।।२६५।।
एतत्क्वाथे पचेत्तैलं द्वात्रिंशत्पलमेव च । कल्कार्थं दीयते तत्र मञ्जिष्ठा रक्तचन्दनम् ।।२६६।।
कुष्ठमेला देवदारु शैलजं सैन्धवं वचा । कक्कोलं पद्मकाष्ठञ्च शृङ्गी तगरपादिका ।।२६७।।
गुडूची मुद्गपर्णी च माषपर्णी शतावरी । नागजिह्वा श्यामलता शतपुष्पा पुनर्नवा ।।२६८।।
एषां तोलद्वयं भागं दत्त्वा तैलन्तु पाचयेत् । एतत्तैलवरं नाम्ना वायुच्छायासुरेन्द्रकम् ।।२६९।।
सर्ववातविकारेषु हितं पुंसाञ्च योषिताम् । क्षीणशुक्रार्त्तवानाञ्च नारीणाञ्च विशेषतः ।।२७०।।
रेतोविकारं हन्त्याशु वायुमाक्षेपसम्भवम् । मर्मवातं श्रमकृतं गात्रकम्पादिकं तथा ।।२७१।।
हिक्कां श्वासञ्च कासञ्च वातपित्तसमुद्भवम् । अपस्मारे महोन्मादे हितं लेपे च भक्षणे ।।
श्रीमद्गहननाथेन रचितं विश्वमङ्गलम् ।।२७२।।

265-272. Vāyucchāyā Surendra Tailam:

Ingredients: Root of *balā*, each of the *daśamūla* herbs, water, *mūrcchita* sesame oil, *manjiṣṭhā*, red sandalwood, *kuṣṭha*, smaller cardamom, powder of *devadāru* wood, *śailaja*, rock salt, *vacā*, *kakkola*, *padmakāṣṭha*, *karkaṭaśṛingī*, *tagara*, *guḍūcī*, *mudgaparṇī*, *māṣaparṇī*, *śatāvarī kanda*, *anantamūla*, *kṛiṣṇa śārivā*, aniseeds and *punarnavā*.

Process of Drug-Making: Take root of *balā* (5 kg.) and each of the *daśamūla* herbs (5 kg. in combination). Thickly pulverize them separately and decoct them with water measuring sixteen times greater than it (i.e. 1.60 litre). Decoct them until the original quantity is reduced to one fourth and subsequently sieve the decoction. Combine these two decoctions and add to it *mūrcchita* sesame oil measuring 1.50 litre.

Prepare *kalka* of the following ingredients measuring 23 gm. each: *manjiṣṭhā*, red sandalwood, *kuṣṭha*, smaller cardamom, powder of *devadāru* wood, *śailaja*,

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rock salt, *vacā*, *kakkola*, *padmakāṣṭha*, *karkaṭaśṛīngī*, *tagara*, *guḍūcī*, *mudgaparṇī*, *māṣaparṇī*, *śatāvarī kanda*, *anantamūla*, *kṛiṣṇa śārivā*, aniseeds and *punarnavā*.

Mix this *kalka* in the decoction filled with oil and cook the recipe methodologically.

Method of use/Administration: This medicinal oil can be used during massaging and can be consumed directly.

Therapeutic benefits: The medicinal oil thus obtained is best among all types of oils. This oil is known as *Vāyucchihāyā*. It is very useful in *vāta* disorders among males and females. It is very beneficial for those females who are suffering from disturbed *dhātu* and disordered menstrual cycle. It also cures disordered sprems and *ākṣepa vāyu* (*apatañtraka*). It cures paralysis around soft body areas, paralysis caused due to heavy and laborious work, *gātrakampana*, hiccups, asthma, *kāsa* (coughs) caused due to *vāta* and *pitta*, *apasmāra* and severe insanity. Śṛī Gahan Nāth has prepared this medicine for the welfare of mankind.

बलातैलम् (महत्)–

बलामूलकषायस्य दशमूलीकृतस्य च । यवकोलकुलत्थानां क्वाथस्य पयसस्तथा ।।२७३।।
अष्टावष्टौ शुभा भागास्तैलादेकस्तदेकतः । पचेदावाप्य [१]मधुरं गणं सैन्धवसंयुतम् ।।२७४।।
तथाऽगुरु सर्जरसं सरलं देवदारु च । मञ्जिष्ठां चन्दनं कुष्ठमेलां कालानुशारिवाम् ।।२७५।।
मांसी शैलेयकं पत्रं तगरं शारिवां वचाम् । शतावरीमश्वगन्धां शतपुष्पां पुनर्नवाम् ।।२७६।।
तत्साधुसिद्धंसौवर्णेराजते मृन्मयेऽपि वा । प्रक्षिप्य कलसे सम्यक् सुनिगुप्ते निधापयेत् ।।२७७।।
बलातैलमिदं नाम्ना सर्ववातविकारनुत् । यथाबलं भिषङ् मात्रां सूतिकायै[२] प्रदापयेत् ।।२७८।।
या चगर्भार्थिनीनारी क्षीणशुक्रश्च यः पुमान् । क्षीणवाते मर्महतेऽभिहते मर्दितेऽपि वा ।।२७९।।
भग्ने श्रमाभिपन्ने च सर्वथैवोपयोजयेत् । सर्वानाक्षेपकादींश्च वातव्याधीन् व्यपोहति ।।२८०।।
हिक्काकासमधीमन्थं गुल्म श्वासं सुदारुणम् । षण्मासानुपयुज्यैतदन्नवृद्धिमपोहति ।।२८१।।
प्रत्यग्रधातुः पुरुषो भवेच्च स्थिरयौवनः । एतद्धि राज्ञा कर्त्तव्यं राजमात्राश्च ये नराः ।।२८२।।
सुखिनः सुकुमाराश्च धनिनश्चैव ये नराः ।।२८३।।

273-283.Bāla Tailam (Major Recipe):

Ingredients: Root of *balā*, combined *daśamūla* herbs, barley, seed pulp of *badarī* fruit and *kulattha*, water, cow milk, *mūrcchita* sesame oil, *kākolyādi* group of herbs (viz. *kākolī*, *kṣīrakākolī*, *jīvaka*, *ṛiṣabhaka*, *ṛiddhi*, *vṛiddhi*, *medā*, *mahāmedā*, *guḍūcī*, *mudgaparṇī*, *māṣaparṇī*, *padmakāṣṭha*, *vanśalocana*, *karkaṭaśṛīngī*, *puṇḍarīka*, *jivant*, *madhuyaṣṭī* and raisins), rock salt, *agar*, *sarja rasa*, *saralkāṣṭha*, powder of *devadāru* wood, *manjiṣṭhā*, red sandalwood, *kuṣṭha*,

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smaller cardamom, *tagara*, *jaṭāmānsī*, *śeleyaka* (*śilārasa*), cassia leaves, *tagara*, *anantamūla*, *vacā*, *śatāvarī*, *aśvagandhā*, roots of *śatapuṣpā* and *punarnavā*.

Process of Drug-Making: Take root of *balā*, combined *daśamūla* herbs, barley, seed pulp of *badarī* fruit and *kulattha* each measuring 4 kg. Prepare decoctions of all these materials in water measurig 32 litre. Decoct each of them until the original quantity is reduced to one fourth. Thus obtain 24 litre measure of the decocted herbs noted above. Take cow milk measuring 8 litre and *mūrcchita* sesame oil 1 litre.

Obtain the herbs of *kākolyādi* group (viz. *kākolī*, *kṣīrakākolī*, *jīvaka*, *ṛiṣabhaka*, *ṛiddhi*, *vṛiddhi*, *medā*, *mahāmedā*, *guḍūcī*, *mudgaparṇī*, *māṣaparṇī*, *padmakāṣṭha*, *vanśalocana*, *karkaṭaśṛīngī*, *puṇḍarīka*, *jivant*, *madhuyaṣṭī* and raisins) and take equal parts of the following: rock salt, *agar*, *rāl*, *saralkāṣṭha*, powder of *devadāru* wood, *manjiṣṭhā*, red sandalwood, *kuṣṭha*, smaller cardamom, *tagara*, *jaṭāmānsī*, *śleyak* (*śilārasa* and *cila caṛila*), cassia leaves, *tagara*, *anantamūla*, *vacā*, *śatāvarī*, *aśvagandhā*, roots of *śatapuṣpā* and *punarnavā*. Mix all these herbs together and take quantity equivalent to one-fourth part of the above sesame oil (i.e. 250 gm.). Prepare a *kalka* of these materials with the help of water. Obtain medicinal oil by cooking the above materials combined and pour the same in some gold, silver, earthen or glass jar.

Therapeutic benefits: This medicinal oil is known as *Bāla Taila* and it cures all diseases of disordered *vāta*. If a lady is suffering from delivery related problems, then the dosage should be prescribed only after checking the lady's condition. This medicine is very beneficial for those females who wants to conceive and for those persons who do not have proper amount of sperms. This oil is always useful for the patients who are suffering from *kṣīna vāta*, wounds on soft body parts, who are wounded, *mardit*, exhausted and tired. This *Bāla Taila* is very helpful in curing *ākṣepa* type of *vāta roga*, hiccups, asthma, *adhimantha*, *gulma* and severe asthma. If this medicine were continuously used for six months then this would cure hernia (*āntravṛiddhi*). This medicine gives aphrodisiac power and keeps one young forever. Kings, wealthy and delicate persons, mostly use this oil.

(Cakradatt)

अश्वगन्धातैलम् (च. द.)–

शतंपक्त्वाऽश्वगन्धायाजलद्रोणेऽशशेषितम् । विस्राव्यविपचेत्तैलं क्षीरं दत्त्वा चतुर्गुणम् ।।२८४।।
कल्कैर्मृणाल[१] शालूकबिसकिञ्जल्कमालतीपुष्पैर्हीबेरमधुक शारिवापद्मकेशरैः ।।२८५।।

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मेदापुनर्नवाद्राक्षामञ्जिष्ठाबृहतीद्वयैः । एलैलवालुत्रिफलामुस्तचन्दनपद्मकैः ।।२८६।।
पक्वं रक्ताश्रयं वातं रक्तपित्तमसृग्दरम् । हन्यात्पुष्टिबलं कुर्यात् कृशानां मांसवर्द्धनम् ।।२८७।।
रेतोयोनिविकारघ्नं व्रणदोषापकर्षणम् । षण्ढानपि वृषान् कुर्यात् पानाभ्यङ्गानुवासनैः ।।२८८।।

284-288. Aśvagandhā Tailam:

Ingredients: *Aśvagandhā*, *mūrcchita* sesame oil, milk, reed and root of lotus, soft pieces (*tantu*) of lotus, *kamala keśara*, flowers of *mālatī*, *sugandhabālā*, *madhuyaṣṭī*, *śārivā*, lotus flowers, *nāga keśara*, *medā*, *punarnavā*, raisin, *manjiṣṭhā*, lesser and bigger varieties of *vyāghrī*, smaller cardamom, *eluvā*, *triphalā*, *mustā*, red sandalwood and *padmaka*.

Process of Drug-Making: Cook 5 kg. quantity of *aśvagandhā* in 12 litre quantity of water. Cook the same until the original quantity is reduced to one fourth. Subsequently, sieve the preparation. Take *mūrcchita* sesame oil (750 ml.) and milk (3 litres).

Make *kalka* of the following materialsobtained in equal parts (i.e. 10 gm.): reed and root of lotus, soft pieces (*tantu*) of lotus, *kamala keśara*, flowers of *mālatī*, *sugandhabālā*, *madhuyaṣṭī*, *śārivā*, lotus flowers, *nāga keśara*, *medā*, *punarnavā*, raisin, *manjiṣṭhā*, lesser and bigger varieties of *vyāghrī*, smaller cardamom, *elvāluka*, *triphalā*, *mustā*, red sandalwood and *padmaka*. The amount of this *kalka* should be one fourth of the *mūrcchita* sesame oil (250 ml.). Methodologically cook all the ingredients and obtain the medicinal oil.

Therapeutic benefits: Use of this oil is very beneficial in cases of blood *vāta roga*, *rakta pitta* and *rakta pradara*. This promotes health, strength and physical strength of those who work hard. This is capable to promote the aphrodisiac power. It checks *śukra*, *yoni* and *vraṇa doṣa*. If an impotent person drinks, uses or goes through *anuvāsana basti* involving this medicinal oil, he can successfully fecundate his partner.

(Cakradatt)

श्रीगोपालतैलम्–

रसाढकं शतावर्याः कूष्माण्डामलयोस्तथा । वाजिगन्धासहचर-बलानां च शतं पृथक् ।।२८९।।
परिपच्याम्भसां द्रोणे पादशेषेऽवतारयेत् । पञ्चमूलं महद् व्याघ्री मूर्वाकेतकपूतिकाः ।।२९०।।
पारिभद्रश्च सर्वेषां ग्राह्यं दशपलं शुभम् । क्वाथयित्वा जलद्रोणे तत्पादमवशेषयेत् ।।२९१।।
आढकं तिलतैलस्य कल्कैरेतैश्च संपचेत् । अश्वगन्धा चोरपुष्पी पद्मकं कण्टकारिका ।।२९२।।
बलाऽगुरु घनं पूतिसिल्हकागुरु चन्दनम् । चन्दनं त्रिफला मूर्वाजीवनीयकटुत्रयम् ।।२९३।।

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पूतिकुङ्कुमकस्तूर्यश्चातुर्जातं च शैलजम् । नखमुस्तमृणालानि नीलोत्पलमुशीरकम् ।।२९४।।
मांसी मुरा सुरतरुर्वचादाडिमतुम्बुरु । ऋद्धिर्वृद्धिर्दमनकं क्षुद्रैलाऽर्द्धपलं पृथक् ।।२९५।।
एतत्तैलवरं हन्ति वातपित्तकफोद्भवान् । व्याधीनशेषाञ्जनयेत् स्मृतिं मेधां धृतिं धियम् ।।२९६।।
वातरोगान् विशेषेणप्रमेहान्हन्तिविंशतिम् । गर्भं संस्थापयेत् स्त्रीणां सर्वशूलं व्यपोहति ।।२९७।।
मूत्रकृच्छ्रमपस्मारमुन्मादान्निखिलानपि । स्थविरोऽपि जराजीर्णस्तैलस्यास्य निषेवणात् ।।२९८।।
लीलयाप्रमदानांचउन्मदानां शतं जयेत् । तिष्ठेद् यस्य गृहे तैलं श्रीगोपालाभिधं शुभम् ।।२९९।।
न तत्र भूताः सर्पन्ति न पिशाचा न राक्षसाः । न दारिद्र्यं भवेत्तस्य विघ्नः कश्चिन्न जायते ।
अश्विभ्यां निर्मितं ह्येतद् विश्वकल्याणहेतवे ।।३००।।

289-300. Śrī Gopāl Tailam:

Ingredients: Juice of *śatāvarī*, juice of *kuṣmāṇḍa*, juice or decoction of *āmalakī*, *aśvagandhā*, *sahacaramūla*, root of *balā*, water, *bṛihat pañcamūla*, lesser *vyāghrī*, *mūrvāmula*, root of flowers of *ketakī*, root of *karañja*, bark of *pāribhadra*, *mūrcchita* sesame oil, *corpuṣpī*, *padmaka*, lesser *vyāghrī*, root of *balā*, *agara*, *mustā*, *khaṭṭaśī*, *sihlak* (*śilārasa*), red and white sandalwoods, *haraḍa*, *vibhītaka*, *āmalakī*, *mūrvāmula*, *jīvanīya* group of herbs (*jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *ṛiddhi*, *vṛiddhi*, *madhuyaṣṭī*, *jīvantī*, *mudgaparṇī*, *māṣaparṇī*), dried ginger, *marica*, *pippalī*, *puti* (*khaṭṭaśī*), *keśara*, *kastūrī*, cinnamon, smaller cardamom, cassia leaves, *nāga keśara*, *śailaja*, *nakhī*, *nāgaramustā*, *mṛiṇāla*, *nīlakamala*, *uśīra*, *jaṭāmānsī*, *murāmānsī*, *devadāru*, *vacā*, pomegranate seeds, Nepalese coriander, *ṛiddhi*, *vṛiddhi*, *damanaka* and lesser cardamom.

Process of Drug-Making: Get the following: juice of *śatāvarī* (3 litres), juice of *kuṣmāṇḍa* (3 litres), juice or decoction of *āmalakī* (3 litres), *aśvagandhā* (46 00 ml.), *sahacaramūla* (4600 ml.), root of *balā* (4600 ml.) and water (24 litres). Prepare decoction all these materials in water. Decoct the same until the original quantity is reduced to one fourth. Obtain 500 gm. measure each of the following: *bṛihat pañcamūla*, lesser *vyāghrī*, *mūrvāmula*, root of flowers of *ketakī*, root of *karañja*, bark of *pāribhadra* and water measuring 24 litre. Decoct the same until the original quantity is reduced to one fourth. Add to the preparation, the *mūrcchita* sesame oil measuring 3 litre.

Prepare *kalka* with the help of water out of the following materials coarsely powdered and measuring 23 gm. each: *aśvagandhā*, *corpuṣpī*, *padmaka*, lesser *vyāghrī*, root of *balā*, *agara*, *mustā*, *khaṭṭaśī*, *sihlak* (*śilārasa*), red and white sandalwoods, *haraḍa*, *vibhītaka*, *āmalakī*, *mūrvāmūla*, *jīvanīya* group of herbs (*jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *ṛiddhi*, *vṛiddhi*,

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madhuyaṣṭī, *jīvantī*, *mudgaparṇī*, *māṣaparṇī*), dried ginger, *marica*, *pippalī*, *puti* (*khaṭṭaśī*), *keśara*, *kastūrī*, cinnamon, smaller cardamom, cassia leaves, *nāga keśara*, *śailaja*, *nakhī*, *nāgara mustā*, *mṛiṇāla*, *nīlakamala*, *uśīra*, *jaṭāmānsī*, *murāmānsī*, *devadāru*, *vacā*, pomegranate seeds, Nepalese coriander, *ṛiddhi*, *vṛiddhi* and *damanaka*.

Combine the *kalka* and other materials and cook them together methodologically.

Therapeutic benefits: The medicinal oil thus obtained is very effective in curing diseases caused due to disordered *vāta*, *pitta* and *kapha doṣas*. It also increases memory power, intellectual power, bravity and general knowledge (*dhī*). It also cures the *vāṭa roga*, 20 types of *prameha* (i.e. urinary disorders including diabetes), helps females in conceiving, *śūla*, retention of urine, *apasmāra*, insanity and the like. Regular use of this medicinal oil through *abhayanga vidhi* can also make a very old man to have the strength and stamina of a youth. He can also enjoy sex with females. It stimulate the aphrodisiac power. This medicine is known as *Śṛī Gopāl Tail*. Demons, and evil ghosts don't dare to enter those houses which stores this oil. Poverty and limitations are vanished from such houses. In old days, AśvinīKumāras' have propounded this medicine for the welfare of mankind.

वातहरतैलानां विशेषमूर्च्छाविधौ पञ्चपल्लवोपयोगः–

आम्रजम्बूकपित्थानां बीजपूरकबिल्वयोः । गन्धकर्मणि सर्वत्र पत्राणि पञ्चपल्लवम् ।।
पञ्चपल्लवतोयेन गन्धानां क्षालनं मतम् ।।३०१।।

301. Leaves of Mango, *jambū*, *kapittha*, *bijapūra* (plant of *jambīra* lemon) and *bilva* tree are called as the *Pañcapallava*. Everywhere the decoction of these *Pañcapallava* should be used for *śodhana* of *gandhadravya*.

गन्धद्रव्यकथनम्–

एलाकुङ्कुमचन्दनागुरुमुराकक्कोलमांसीशटीश्रीवासच्छदग्रन्थिपर्णशशभृत्क्षोणीघ्नजोशीरकम् ।
कस्तूरीनखपूतिशैलजलमुङ्मेथीलवङ्गादिकंगन्धद्रव्यमिदं प्रदेयमखिलं श्रीविष्णुतैलादिषु ।।३०२।।

302. Smaller cardamom, *keśara*, white sandalwood, *agara*, *murāmānsī*, *kakkola*, *jaṭāmānsī*, *karcūra*, juice of *sarala*, cassia leaves, *granthiparṇa*, camphor, *śailaja*, *uśīra*, *kastūrī*, *nakhī*, *khaṭṭaśī*, *śilārasa*, *mustā*, *methī* and clove are all aromatic materials. During preparing medicinal oils for curing *vāta* disorders and the like, one should add to it *kalka* of the above materials combined.

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गन्धद्रव्याणि मतान्तरेण–

कुष्ठञ्च नलिका पूतिरुशीरं श्वेतचन्दनम् । जटामांसी तेजपत्रं नखी मृगमदः फलम् ।।३०३।।
कक्कोलंकुङ्कुमंचोचंलताकस्तूरिकावचा । सिह्लको मिषिका मेथी भद्रमुस्तं तथा शटी ।।३०४।।
सूक्ष्मैलाऽगुरुमुस्तञ्च कर्पूरं ग्रन्थिपर्णकम् । श्रीवासः कुन्दुरुर्देवकुसुमं गन्धमातृका ।।३०५।।
जातीकोषं शैलजञ्च देवदारु सजीरकम् । एतानि गन्धद्रव्याणि तैलपाकेषु योजयेत् ।।३०६।।

303-306. Aromatic Herbs (other opinion):

Kuṣṭha, *nalikā*, *khaṭṭaśī*, *uśīra*, white sandalwood, *jaṭāmānsī*, cassia leaves, *nakhī*, *kastūrī*, *jātīphala*, *kakkola*, *keśara*, cinnamon, *latā kastūrī*, *vacā*, *śilārasa*, *śatapuṣpā*, seeds of *methī*, *mustā*, *karcūra*, smaller cardamom, *agara*, *mustā*, camphor, *granthiparṇa*, *śṛīveṣṭaka*, *kunduru*, clove, *gandhmāṭraka*, *jātīkoṣa*, *śailaja*, *devadāru* and cumin seeds. All these materials are also aromatic ingredients. While preparing medicinal oils for curing *vāta* disorders and the like, one should use *kalka* of the above materials combined.

विष्णुतैलम् (स्वल्पम्)–

शालपर्णीपृश्निपर्णीबलाच बहुपुत्रिका । एरण्डस्य च मूलानि बृहत्योः पूतिकस्य च ।।३०७।।
गवेधुकस्य मूलानि तथा सहचरस्य च । एतेषां पलिकैर्भागैस्तैलप्रस्थं विपाचयेत् ।।३०८।।
आजंवायदिवागव्यंक्षीरंदद्याच्चतुर्गुणम् । अस्य तैलस्य पक्वस्य शृणु वीर्यमतः परम् ।।३०९।।
अश्वानांवातभग्नानांकुञ्जराणां तथैव च । अपुमांश्च नरः पीत्वा निश्चयेन पुमान् भवेत् ।।३१०।।
हृच्छूले पार्श्वशूले च तथैवार्द्धविभेदके । कामलापाण्डुरोगेषु शर्करास्वश्मरीषु च ।।३११।।
क्षीणेन्द्रियानरा ये च जरया जर्जरीकृताः । येषाञ्चैव क्षयो व्याधिरन्त्रवृद्धिश्च दारुणा ।।३१२।।
अर्दितं गलगण्डश्च वातशोणितमेव च । स्त्रियो या न प्रसूयन्ते तासाञ्चैव प्रदापयेत् ।।३१३।।
गर्भमश्वतरी विन्द्यान्न च मृत्युवशं व्रजेत् । एतत्तैलवरं चैव विष्णुना परिकीर्त्तितम् ।।३१४।।

307- 314. Viṣṇu Tailam (Minor Variety)

Ingredients: *Śālaparṇī*, *pṛithakparṇī*, *balā*, *bahuputṛikā*, roots of *eraṇḍa*, *bṛihatī* (both lesser and greater variety), *pūtikām*, *gavedhuka*, *sahacara*, *mūrcchita* oil and milk.

Process of Drug-Making: Get 46 gm. each of *śālaparṇī*, *pṛithakparṇī*, *balā*, *bahuputṛikā* and roots of *eraṇḍa*, *bṛihatī*(both lesser and greater variety), *pūtikām*, *gavedhuka* as well as *sahacara*. Prepare a *kalka* of these materials and cook the *kalka* along with 750 ml. of *mūrcchita* oil, 3 litres of milk and 12 litres of water.

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Therapeutic benefits: The medicinal oil thus obtained helps in checking *vātika* diseases of even horses and elephants. It helps in curing impotency. It cures cardiac pain, pain in cases of pleurisy, hemicrania, jaundice, anemia, *śarkara* (graveluria) and *aśmarī* (stone in the urinary tract). It should be administered to persons who have age ailments consumption, serious type of *rakta vṛiddhi* (hypertension), facial paralysis, goiter and gout. It is also useful for ladies who do not conceive. Even when administered to a she-mule, she conceives and her progenies do not succumb to death. This excellent medicated oil has been propounded by Viṣṇu. Therapeutic efficacy of *Viṣṇu Taila* is detailed in the chapter dealing with *vāta roga*.

(Cakradatt)

विष्णुतैलम् (मध्यमम्)–

शतावरी चांशुमती पृश्निपर्णीशटी बला । एरण्डस्य च मूलानि बृहत्योः पूतिकस्य च ।।३१५।।
गवेधुकस्य मूलानि तथा सहचरस्य च । एषां द्विपलिकान् भागाञ्जलद्रोणे विपाचयेत् ।।३१६।।
पादशेषे च पूते च गर्भञ्चैनं समावपेत् । पुनर्नवा वचा दारु शताह्वाऽगुरु चन्दनम् ।।३१७।।
शैलेयं तगरं कुष्ठमेलामांसीस्थिरा बला । अश्वाह्वा सैन्धवं रास्ना पलार्द्धानि च पेषयेत् ।।३१८।।
गव्याजपयसोः प्रस्थौ द्वौ द्वावत्र प्रदापयेत् । शतावरीरसप्रस्थं तैलप्रस्थं विपाचयेत् ।।३१९।।
अस्यतैलस्यसिद्धस्यशृणुवीर्यमतः परम् । अश्वानां वातभग्नानां कुञ्जराणां यथा नृणाम् ।।३२०।।
तैलमेतत्प्रयोक्तव्यं सर्ववातविकारनुत् । अपुमांश्च नरः पीत्वा निश्चयेन पुमान् भवेत् ।।३२१।।
गर्भमश्वतरी विन्द्यात्किं पुनर्मानुषी तथा । हृच्छूलं पार्श्वशूलञ्च तथैवार्द्धविभेदकम् ।।३२२।।
अपचीं गण्डमालाञ्च वातरक्तं गलग्रहम् । कामलां पाण्डुरोगञ्च अश्मरीञ्चैव नाशयेत् ।।३२३।।
तैलमेतद्भगवता विष्णुना परिकीर्त्तितम् । विष्णुतैलमिदं ख्यातं वातान्तकरणं परम् ।।३२४।।

315-324. Viṣṇu Tailam (Middle Level Recipe):

Ingredients: *Śatāvarī*, *amśumatī*, *pṛiśniparṇī*, *śaṭī*, *vacā*, roots of *eraṇḍa*, both the varieties of *bṛihatī*, *pūtikā*, *gavedhuka*, *sahacara*, water, *punarnavā*, *vacā*, *dāru*, *śatāhvā*, *candana*, *aguru*, *śaileya*, *tagara*, *kuṣṭha*, *elā*, *mānsī*, *śālaparṇī*, *balā*, *aśvagandhā*, rock salt, *rāsnā*, cow milk, goat milk, juice of *śatāvarī* and *mūrcchita* oil.

Process of Drug-Making: Take 93 gm. each of *śatāvarī*, *amśumatī*, *pṛiśniparṇī*, *śaṭī*, *vacā* and roots of *eraṇḍa*, both the varieties of *bṛihatī*, *pūtikā*, *gavedhuka* and *sahacara*. Decoct these ingredients in 12 litre measure of water until one fourth remains. Add to it, the *kalka* of 23 gm. each of *punarnavā*, *vacā*, *dāru*, *śatāhvā*, *candana*, *aguru*, *śaileya*, *tagara*, *kuṣṭha*, *elā*, *mānsī*, *śālaparṇī*, *balā*, *aśvagandhā*, rock salt, *rāsnā*. Thereafter, 750 ml. each of cow milk and goat

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milk, juice of *śatāvarī* and *mūrcchita* sesame oil should be added to the preparation and it should be properly cooked.

Therapeutic benefits: This medicated oil is useful in all the *vātika* diseases of horses, elephants and human beings. It promotes longevity and sturdiness of the person. By the use of this medicated oil, even mules (*Āśvavatarī*) becomes fertile and conceived, what to speak of women. It also cures cardiac pain in cases of pleurisy, headache in half of the head, *apācī* (cervical adenitis), *gaṇḍamāla* (enlargement of the lymph glands in the neck), gout, locked-jaw, jaundice, anemia and stone in urinary tract. This medicated oil has been propounded by God Viṣnu. Thus the medicine is called as *Viṣṇu Taila*. It helps in alleviation of diseases of *vāta*.

विष्णुतैलम् (बृहत्)–

अश्वगन्धाजलधरौ जीवकर्षभकौ शटी । काकोली क्षीरकाकोली जीवन्ती मधुयष्टिका ।।३२५।।
मधुरिका देवदारु पद्मकाष्ठञ्च शैलजम् । मांसी चैला त्वचं कुष्ठं वचाचन्दनकुङ्कुमम् ।।३२६।।
मज्जिष्ठामृगनाभिश्चश्वेतचन्दनरेणुकम् । पर्णिन्यौ कुन्दखोटिश्च ग्रन्थिकञ्च नखी तथा ।।३२७।।
एतेषां पलिकैर्भागैस्तैलस्यापि तथाऽऽढकम् । शतावरीरससमं दुग्धञ्चापि समं पचेत् ।।३२८।।
विष्णुतैलमिदं श्रेष्ठं सर्ववातविकारनुत् । ऊर्ध्ववातं तथा वातमङ्गुलिग्रहमेव च ।।३२९।।
शिरोमध्यगतं वातं मन्यास्तम्भगलग्रहम् । हन्ति नानाविधं वातं सन्धिमज्जगतं तथा ।।३३०।।
यस्य शुष्यति चैकाङ्गं गतिर्यस्य च विह्वला । ये वातप्रभवा रोगा ये च पित्तसमुद्भवाः ।।
सर्वांस्तान्नाशयत्याशु सूर्यस्तम इवोदितः ।।३३१।।

325-331. Viṣṇu Tailam (Major Recipe):

Ingredients: *Aśvagandhā*, *mustā*, *jīvaka*, *ṛiṣabhaka*, *karcūra*, *kākolī*, *kṣīrakākolī*, *jīvantī*, *madhuyaṣṭī*, aniseeds, powder of *devadāru* wood, *padmakāṣṭha*, *śailaja*, *jaṭāmānsī*, smaller cardamom, cinnamon, *kuṣṭha*, *vacā*, red sandalwood, *keśara*, *manjiṣṭhā*, *kastūrī*, white sandalwood, *reṇukā*, *mudgaparṇī*, *māṣaparṇī*, *kundaru* (a kind of aromatic herb), *granthiparṇa*, *nakhī*, *mūrcchita* sesame oil, juice of *śatāvarī kanda* and cow milk.

Process of Drug-Making: Take 46 gm. quantity each of the following herbs: *aśvagandhā*, *mustā*, *jīvaka*, *ṛiṣabhaka*, *karcūra*, *kākolī*, *kṣīrakākolī*, *jīvantī*, *madhuyaṣṭī*, aniseeds, powder of *devadāru* wood, *padmakāṣṭha*, *śailaja*, *jaṭāmānsī*, smaller cardamom, cinnamon, *kuṣṭha*, *vacā*, red sandalwood, *keśara*, *manjiṣṭhā*, *kastūrī*, white sandalwood, *reṇukā*, *mudgaparṇī*, *māṣaparṇī*, *kundaru*, *granthiparṇa* and *nakhī*. Prepare *kalka* of the above materials by pulverizing them on a stone slab along with water. Also take *mūrcchita* sesame oil, juice of *śatāvarī*

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kanda and cow milk each measuring 3 litre. Take 12 litre of water (sufficient to cook all the above materials together) and obtain the processed oil by cooking the recipe methodologically. The oil thus obtained is known as *Bṛihada Viṣṇu Taila.*

Therapeutic benefits: It cures all types of *vāta roga*, *urdhava vāta*, stiffness in fingers, *vāta* disorder over the middle of scalp, *manyāstambha*, *galagraha*, all types of *vāta* disorders, *sandhigata vāta* and *majjāgata vāta* disorders. Those people who have become lean and thin due to *vāta* and whose feet tremors while walking should use this medicinal oil. This medicinal oil cures all diseases caused due to *vāta*, *pitta* and all major diseases in the same way as the sun eradicates darkness.

नारायणतैलम्–

बिल्वाग्निमन्थश्योणाकपाटलापारिभद्रकम् । प्रसारण्यश्वगन्धा च बृहती कण्टकारिका ।।३३२।।
बला चातिबला चैव श्वदंष्ट्रा सपुनर्नवा । एषां दशपलान् भागांश्चतुर्द्रोणेऽम्भसः पचेत् ।।३३३।।
पादशेषं परिस्राव्य तैलपात्रं प्रदापयेत् । शतपुष्पा देवदारु मांसी शैलेयकं वचा ।।३३४।।
चन्दनं तगरं कुष्ठमेला पर्णीचतुष्टयम् । रास्ना तुरगगन्धा च सैन्धवं सपुनर्नवम् ।।३३५।।
एषां द्विपलिकान् भागान् पेषयित्वा विनिःक्षिपेत् । शतावरीरसञ्चैव तैलतुल्यं प्रदापयेत् ।।३३६।।
आजंवायदिवागव्यंक्षीरं दद्याच्चतुर्गुणम् । पाने बस्तौ तथाऽभ्यङ्गे भोज्ये चैव प्रशस्यते ।।३३७।।
अश्वो वा वातभग्नोवागजोवायदि वा नरः । पङ्गुश्च पीठसर्पी च तैलेनानेन सिद्ध्यति ।।३३८।।
अधोभागे ये च वाताः शिरोमध्यगताश्च ये । मन्यास्तम्भे हनुस्तम्भे दन्तरोगे गलग्रहे ।।३३९।।
यस्यशुष्यतिचैकाङ्गंगतिर्यस्यचविह्वला । क्षीणेन्द्रियाः क्षीणशुक्रा ज्वरक्षीणाश्च ये नराः ।।३४०।।
बधिरालल्लजिह्वाश्च मन्दमेधस एव च । अल्पप्रजा च या नारी या च गर्भं न बिदन्ति ।।३४१।।
वातार्त्तौ वृषणौ येषामन्त्रवृद्धिश्च दारुणा । एतत्तैलवरं तेषां शस्तं नारायणाभिधम् ।।३४२।।

332-342. Nārāyaṇa Tailam:

Ingredients: *Bilva*, *agnimantha*, *śyoṇāka pāṭala*, *pāribhadraka*, *prasāraṇī*, *aśvagandhā*, *bṛihatī*, *kaṇṭakārī*, *halā*, *atibalā*, *śvādamṣṭra*, *punarnavā*, water, *mūrcchita taila*, *śatapuṣpā*, *devadāru*, *māmsī*, *śaileyaka*, *balā*, *candana*, *tagara*, *kuṣṭha*, *elā*, four varieties of *parṇī*, *rāsnā*, *turagagandha*, rock salt, *punarnavā*, *vacā*, *mṛiṇāla*, *mustā*, *puṣkara*, both the varieties of *rajanī*, juice of *śatāvarī* and milk of either goat or cow.

Process of Drug-Making: Obtain 500 gm. each of *bilva* (bark), *agnimantha* (bark), *śyoṇāka* (bark), *pāṭala* (bark), *pāribhadraka* (bark), *prasāraṇī*, *aśvagandhā*, *bṛihatī* (roots or its *pañcānga*), *kaṇṭakārī* (roots or its *pañcānga*), *balā* (roots), *atibalā* (roots), *śvādamṣṭra* (roots or its *pañcānga*), and *punarnavā* (roots or its *pañcānga*). Decoct these materials together in water measuring 48

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litres until its original quantity is reduced to one fourth. Subsequently, filter the decoction and add to it 3 litre of *mūrcchita taila* and *kalka* prepared out of the following each measuring 93 gm.: *śatapuṣpā*, *devadāru*, *māmsī*, *śaileyaka*, *balā*, *candana*, *tagara*, *kuṣṭha*, *elā*, four varieties of *parṇī*, *rāsnā*, *turaga gandha*, rock salt, *punarnavā*, *vacā*, *mṛiṇāla*, *mustā*, *puṣkara* and both the varieties of *rajanī*. Thereafter, juice of *śatāvarī* measuring 3 litre and milk of either goat or cow measuring 12 litre should also be added to the recipe. Cook the preparation methodologically.

Method of use/Administration: The medicated oil thus prepared should be used for drinking, *basti* (enema), massage, consuming (mixed with food) and inhalation.

Therapeutic benefits: It is useful in the treatment of horses, elephants and human being when they are afflicted with *vātika* diseases. It cures *pangu*, *pīta sarpī*, *vātika* diseases affecting the lower part of the body, and head, torticolis, locked-jaw, diseases of the teeth, *gala graha* (obstruction in throat), emaciation of one limb of the body, difficulty in walking insomnia, depletion of sperms, emaciation after fever, deafness, lulling speech, low voice and high pitched voice. It is useful for a lady who either have less number of children or who does not conceive. It is also useful where the testicles are afflicted by *vāta* and in the treatment of *āntra vṛiddhi* (inguinal hernia). This is excellent medicated oil namded after god Nārāyaṇa.

(Cakradatt)

नारायणतैलम् (महत्)–

बिल्वाश्वगन्धाबृहतीश्वदंष्ट्राश्योनाकवाट्यालकपारिभद्रम् ।
क्षुद्राकठिल्लातिबलाऽग्निमन्थं मूलानि चैषां सरणीयुतानाम् ।।३४३।।
मूलं विदध्यादथ पाटलानां प्रस्थं स पादं विधिनोद्धृतानाम् ।
द्रोणैरपामष्टभिरेव पक्त्वा पादावशेषेण रसेन तेन ।।३४४।।
तैलाढकाभ्यां सममेवदुग्धमाजं निदध्यादथवाऽपि गव्यम् ।
एकत्र सम्यग्विपचेत्सुबुद्धिर्दद्याद्रसञ्चैव शतावरीणाम् ।।३४५।।
तैलेन तुल्यं पुनरेव तत्र रास्नाऽश्वगन्धामिषिदारुकुष्ठम् ।
पर्णीचतुष्कागुरुकेशराणि सिन्धूत्थमांसीरजनीद्वयञ्च ।।३४६।।
शैलेयकं चन्दनपुष्कराणि एलाऽस्त्रयष्टीतगराब्दपत्रम् ।
भृङ्गाष्टवर्गाम्बुवचा पलाशं स्थौणेयवृश्चीरकचोरकाख्यम् ।।३४७।।
एतैः समस्तैर्द्विपलप्रमाणैरालोड्य सर्वं विधिना विपक्वम् ।

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कर्पूरकाश्मीरमृगाण्डजानां चूर्णीकृतानां त्रिपलप्रमाणम् ।।३४८।।
प्रस्वेददौर्गन्ध्यनिवारणाय दद्यात् सुगन्धाय वदन्ति केचित् ।
नारायणं नाम महच्च तैलं सर्वप्रकारैर्विधिवत्प्रयोज्यम् ।।३४९।।
आश्वेव पुंसां पवनार्दितानामेकाङ्गहीनार्दितवेपनानाम् ।
ये पङ्गवः पीठविसर्पिणश्च बाधिर्यशुक्रक्षयपीडिताश्च ।।३५०।।
मन्याहनुस्तम्भशिरोरुजार्त्ता मुक्तामयास्ते बलवर्णयुक्ताः ।
संसेव्य तैलं सहसा भवन्ति बंध्या च नारी लभते च पुत्रम् ।।३५१।।
वीरोपमं सर्वगुणोपपन्नं सुमेधसं श्रीविनयान्वितञ्च ।
शाखाश्रिते कोष्ठगते च वाते वृद्धौ विधेयं पवनार्दितानाम् ।।३५२।।
जिह्वानिले दन्तगते च शूले उन्माद कौब्ज्यज्वरकर्शितानाम् ।
प्राप्नोति लक्ष्मीं प्रमदाप्रियत्वं वपुःप्रकर्ष विजयञ्च नित्यम् ।।३५३।।
तैलोपसेवी जरयाऽभिमुक्तो-जीवेच्चिरंचापि भेवद् युवैव ।
देवासुरे युद्धपरे समीक्ष्य स्नाय्वस्थिभग्नानसुरैः सुरांश्च ।।
नारायणेनापि सुबृंहणार्थं स्वनामतैलं विहितं च तेषाम् ।।३५४।।

343-354. Nārāyaṇa Tailam (Major Recipe):

Ingredients: Bark of *bilva mūla*, *aśvagandhā*, root of *kañṭakārī*, *gokṣura*, bark of *śyoṇāka* plant's root, root of *balā*, bark of *pāribhadra* (*neem*) plant's root, root of smaller *kañṭakārī*, root of *kathilla* (*punarnavā*), root of *atibalā*, bark of *araṇī* plant's root, root of *sāraṇī* (*gandhaprasāraṇī*), bark of *pāṭala* plant's root, water, *mūrcchita* sesame oil, milk of goat and cow, juice of *śatāvarī kanda*, *rāsnā*, *aśvagandhā*, aniseeds, powder of *devadāru* wood, *kuṭaja*, *śālaparṇī*, *pṛiśniparṇī*, *māṣaparṇī*, *mudgaparṇī*, *agara*, *nāga keśara*, rock salt, *jaṭāmānsī*, *haridrā*, *dāru haridrā*, *śelaiyaka*, red sandalwood, *puṣkaramūla*, smaller cardamom, *manjiṣṭhā*, *tagara*, *mustā*, cassia leaves, cinnamon, *aṣṭavarga* (i.e. *jīvak*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *ṛiddhi*, *vṛiddhi*), *gandhabālā*, *vacā*, bark of *palāśa* plant's root, *granthiparṇa*, *vṛiścīrak* (*punarnavā*) and *corak*, pulverized camphor, *keśara* and *kastūrī*.

Process of Drug-Making: Take 946 gm. each of bark of *bilva mūla*, *aśvagandhā*, root of *kañṭakārī*, *gokṣura*, bark of *śyoṇāka* plant's root, root of *balā*, bark of *pāribhadra* (*neem*) plant's root, root of smaller *kañṭakārī*, root of *kathilla* (*punarnavā*), root of *atibalā*, bark of *araṇī* plant's root, root of *sāraṇī* (*gandhaprasāraṇī*) and bark of *pāṭala* plant's root. Decoct all these materials together in 96 litre measure of water. Keep decocting until the original quantity is reduced to one fourth. Subsequently, sieve the decoction and add to it 6 litre

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measure each of *mūrcchita* sesame oil, milk of goat and cow and juice of *śatāvarī kanda*.

Prepare separate *kalka*s measuring 93 gm. each of the following herbs: *rāsnā*, *aśvagandhā*, aniseeds, powder of *devadāru* wood, *kuṭaja*, *śālaparṇī*, *pṛiśniparṇī*, *māṣaparṇī*, *mudgaparṇī*, *agara*, *nāga keśara*, rock salt, *jaṭāmānsī*, *haridrā*, *dāru haridrā*, *śelaiyaka*, red sandalwood, *puṣkaramūla*, smaller cardamom, *manjiṣṭhā*, *tagara*, *mustā*, cassia leaves, cinnamon, *aṣṭavarga* (i.e. *jīvak*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *ṛiddhi*, *vṛiddhi*), *gandhabālā*, *vacā*, bark of *palāśa* plant's root, *granthiparṇa*, *vṛiścīrak* (*punarnavā*) and *corak*. Add these *kalka*s to the above decoction.

Cook the decoction methodologically and thus obtain the medicinal oil. Sieve the oil and add to it pulverized camphor, *keśara* and *kastūrī* each measuring 46 gm. to reduce the odour of the oil. The oil prepared in this fashion is known as *Madhyam* or *Bṛihat Nārāyaṇa Taila*.

Method of use/Administration: This oil can be used through any method (drink, massaging, edible and *basti* therapy).

Therapeutic benefits: It is helpful in curing *vāta* disorders, partial paralysis, *ardita*, tremouring of hands and feet, *pāṇḍu*, hunch back, *bādhirya*, *śukrakṣaya*, *manyāstambha*, *hanustambha* and *śiroruja*. Application of this oil makes one free from diseases and the users gains strength and good complexion. By consuming this oil, even a sterile female can get free from pregnancy deformities and can deliver a handsome, beautiful, powerful, docile and clever baby. This oil can be used in cases of *śākhāśṛita vāta*, *koṣṭhagata vāta*, other *vāta* disorders, *jihvāstambha*, *danta śūla*, insanity, constipation and fever, etc. By using this medicinal oil, a person becomes successful in his deeds and he looks very attractive. The oil also increases longevity and strength of old people. In early days, during the fight between gods and demons, Gods' backbone and other bones were broken by demons, looking at this, God Nārāyaṇa prepared this medicine to cure them.

पुष्यराजप्रसारणीतैलम्–

प्रसारणीपलशतं मूलं चैवाश्वगन्धजम् । पञ्चाशत्पलमानं तुम जलद्रोणे विपाचयेत् ।।३५५।।
पादशेषे हरेत्क्वाथंक्वाथांशं तिलतैलकम् । तैलाच्चतुर्गुणं क्षीरं गव्यं वा माहिषं तथा ।।३५६।।
पुण्डरीकरसस्तत्र शतावर्या रसस्तथा । तैलसमः प्रदातव्यः पाचयेन्मृदुवह्निना ।।३५७।।
शतपुष्पा कणाचैला कुष्ठं च कण्टकारिका । शुण्ठी यष्टी देवदारु शालपर्णी पुनर्नवा ।।३५८।।

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मञ्जिष्ठापत्रकंरास्नावचा पुष्करमूलकम् । यवानी भूतिकं मांसी निर्गुण्डी च तथा बला ।।३५९।।
वह्निर्गोक्षुरकं चैव मृणालं बहुपुत्रिका । प्रतिकर्षमितं भोज्यं सर्वमेकत्र पाचयेत् ।।३६०।।
तैलशेषं समुद्धृत्य पुष्पराजप्रसारणीम् । अभ्यङ्गे योजयेत्पाने नस्यकर्मणि सर्वदा ।।३६१।।
भग्नानांखञ्जपङ्गूनां शिरोरोगे हनुग्रहे । समस्तान् वातजान् रोगांस्तूर्णं नाशयति ध्रुवम् ।।३६२।।

355-362. Puṣparājaprasāraṇī Tailam:

Ingredients: *Gandhaprāsāraṇī* along with root, branches and leaves and root of *aśvagandhā*, water, *mūrcchita* sesame oil, milk of cow or buffalo, juice or decoction of lotus flowers, juice of *śatāvarī*, *śatapuṣpā*, *pippalī*, smaller cardamom, *kuṣṭha*, root of smaller *kañṭakārī*, dried ginger, *madhuyaṣṭī*, *devadāru*, *śālaparṇī*, root of *punarnavā*, *manjiṣṭhā*, cassia leaves, *rāsnā*, *vacā*, *puṣkaramūla*, caraway seeds, *gandhatṛiṇa*, *jaṭāmānsī*, root of *nirgunḍī*, root of *balā*, root of *citraka*, *gokṣura*, *mṛiṇāla* (*kamalnāla*) and *śatāvarī*.

Process of Drug-Making: Get 350 gm. measure of *gandhaprsāraṇī* along with root, branches and leaves and root of *aśvagandhā* measuring 750 gm. Decoct both of these materials in 12 litre of water. Decoct the same until the original quantity is reduced to one fourth. Seive the decoction and add to it the following: *mūrcchita* sesame oil measuring one quarter to the above decoction (i.e. 750 ml.), milk of cow or buffalo measuring four times of the sesame oil (3 litres), equal (to the sesame oil) amount of juice or decoction of lotus flowers and the same amount of juice of *śatāvarī* (750 ml. each).

Prepare *kalka* of the following materials measuring 12 gm. each along with water on a stone slab: *śatapuṣpā*, *pippalī*, smaller cardamom, *kuṣṭha*, root of smaller *kañṭakārī*, dried ginger, *madhuyaṣṭī*, *devadāru*, *śālaparṇī*, root of *punarnavā*, *manjiṣṭhā*, cassia leaves, *rāsnā*, *vacā*, *puṣkaramūla*, caraway seeds, *gandhatṛiṇa*, *jaṭāmānsī*, root of *nirgunḍī*, root of *balā*, root of *citraka*, *gokṣura*, *mṛiṇāla* (*kamalnāla*) and *śatāvar*. Combine all the above materials and obtain medicinal oil through methodologically cooking the preparation.

Method of use/Administration: This oil can be taken along with lukewarm milk or can be used for massaging or can be used in nasal therapy. In cases of *śiroroga* and *hanugraha*, this oil, if used via nasal therapy, proves very beneficial.

Therapeutic benefits: This oil is very effective in providing relief to the persons who broke their bones while climbing trees, suffering from *vāta* pain due to *khanjatā* and *pangutā*, *śiroroga*, *hanugraha* and eighty types of *vāta* disorders.

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कुब्जप्रसारणीतैलम्–

प्रसारणीशतं क्षुण्णं पचेत्तोयार्मणे शुभे । पादशेषे समंतैलं दधि दद्यात् सकाञ्जिकम् ।।३६३।।
द्विगुणञ्चपयोदत्त्वाकल्कान्द्विपलिकांस्तथा । चित्रकं पिप्पलीमूलं मधुकं सैन्धवं बलाम् ।।३६४।।
शतपुष्पां देवदारुरास्नां वारणपिप्पलीम् । प्रसारण्याश्च मूलानि मांसी भल्लातकानि च ।।३६५।।
पचेन्मृद्वग्निनातैलंवातश्लेष्मामयाञ्ज जयेत् । अशीतिं नरनारीस्थान् वातरोगान् व्यपोहति ।।३६६।।
कुब्जस्तिमितपङ्गुत्वं गृध्रसीखुडकार्दितम् । हनुपृष्ठशिरोग्रीवास्तम्भं चाशु नियच्छति ।।३६७।।

363-367. Kubja Prasāraṇī Taiḷam:

Ingredients: *Prasāraṇī*, water, *mūrcchita* oil, curd, *kānji*, cow milk, *citraka*, *pippalīmūla*, *madhuka*, rock salt, *śatapuṣpā*, *devadāru*, *rāsnā*, *vāraṇa*, *pippalī*, roots of *prasāraṇī*, *māmsī* and *bhallātaka*.

Process of Drug-Making: Cut 5 kg. measure of the *prasāraṇī* herbs into small pieces and boil them in one *armaṇa* (= 12 litres) measure of water until it is reduced to one fourth. Add to it, 3 litre litre each of *mūrcchita* oil, curd, *kānji* and cow milk. Also take 93 gm. measure of *kalka*s of each of the following herbs: *citraka*, *pippalīmūla*, *madhuka*, rock salt, *śatapuṣpā*, *devadāru*, *rāsnā*, *vāraṇa*, *pippalī*, roots of *prasāraṇī*, *māmsī* and *bhallātaka*. Combine all these ingredients and methodologically cook over mild fire.

Therapeutic benefits: The oil thus obtained is very much helpful in alleviating diseases caused by *vāta* and *kapha*, eighty varieties of diseases of men and women caused by *vāta*, *kubjatā* (hunch back), *stimitā* (numbness), *pangutā*, *gṛidharasī* (sciatica), *khuḍḍaka*, *arḍita* (facial paralysis) and stiffness in mandibular joints, back, head as well as neck.

(Cakradatt)

त्रिशतीप्रसारणीतैलम्–

समूलपत्रशाखाञ्च जातसारां प्रसारणीम् । कुट्टयित्वा पलशतं दशमूलशतं तथा ।।३६८।।
अश्वगन्धापलशतं कटाहे समधिक्षिपेत् । वारिद्रोणे पृथक् कृत्वा पादशेषेऽवतारितम् ।।३६९।।
कषायसममात्रन्तु तैलमत्र प्रदापयेत् । दध्नस्तथाऽऽढकं दत्त्वा द्विगुणञ्चाम्लकाञ्जिकात् ।।३७०।।
चतुर्द्रोणेन पयसा जीवनीयैः पलोन्मितैः । शृङ्गबेरपलान् पञ्च त्रिंशद्भल्लातकानि च ।।३७१।।
द्वे पले पिप्पलीमूलाच्चित्रकाच्च पलद्वयम् । यवक्षारपले द्वे च सैन्धवस्य पलद्वयम् ।।३७२।।
सौवर्चलपले द्वे च मञ्जिष्ठायाः पलद्वयम् । प्रसारणीपले द्वे च मञ्जिष्ठायाः पलद्वयम् ।।३७३।।
सर्वाण्येतानि संगृह्य शनैर्मृद्वग्निना पचेत् । एतदभ्यञ्जने श्रेष्ठं बस्तिकर्मनिरूहणे ।।३७४।।
पानेनस्येचदातव्यंनक्वचित् प्रतिहन्यते । अशीति वातजान् रोगांश्चत्वारिशच्च पैत्तिकान् ।।३७५।।
विंशतिंश्लैष्मिकांश्चैव सवनितान् व्यपोहति । गृध्रसीमस्थिभङ्गञ्च मन्दाग्नित्वमरोचकम् ।।३७६।।

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अपस्मारंतथोन्मादंविभ्रमंमन्दगामिताम् । त्वग्गताश्चापि ये वाताः शिरःसन्धिगताश्च ये ।।३७७।।
जानुसन्धिगताश्चैव पादपृष्ठगताश्च ये । अश्वो वा वातसंभग्नो गजो वा यदि वा नरः ।।३७८।।
प्रसारयति यस्मात्तु तस्मादेषा प्रसारणी । इन्द्रियाणाञ्च जननी वृद्धानाञ्च प्रसूयनी ।।३७९।।
एतेनान्यकवृष्णीनां कृतं पुंसवनं महत् । प्रसारणीतैलमिदं बलवर्णाग्निवर्द्धनम् ।।३८०।।
अपनयति जरां पलितं शोषयति रुजामुत्पादयति तारुण्यम् ।
पक्षाघातं सर्वाङ्गहतं वातगुल्मञ्च नाशयति ।।३८१।।
एतदुपयुज्यमानः प्रसन्नवर्णेन्द्रियो भवति ।।३८२।।

368-382.Tṛiśaṭīprasāraṇī Tailam:

Ingredients: Matured plant of *prasāraṇī* along with its leaves and roots, water, curd, sour *kānji*, *śunṭhī*, *rāsnā*, *yavakṣāra*, rock salt, *pippalīmūla*, *citraka*, *prasāraṇī* and *madhuka*.

Process of Drug-Making: Obtain kg. of matured plant of *prasāraṇī* along with its leaves and roots and cut it into small pieces and subsequently macerate them. Boil the pieces in a vessel containing 12 litre of water until it is reduced to one fourth. Add to this decoction, *mūrcchita* oil (3 litres), *dadhi* (3 litres), sour *kānji* (6 litres) and the *kalka* prepared out of *śunṭhī* (235 gm.), *bhallātaka* (30 fruits), *sauvarcala* salt (93 gm.), *yavakṣāra* (93 gm.), rock salt (93 gm.), *pippalīmūla* (93 gm.), *citraka* (93 gm.), *prasāraṇī* (93 gm.), *madhuka* (93 gm.) and *manjiṣṭha*(93 gm.). Cook the preparation methodologically over a mild fire.

Method of use/Administration: This medicated oil is useful for massage, inhalation, drink and *basti* (enema). It is not prohibited in any situation.

Therapeutic benefits: It immediately cures all the eighty types of *vātika* diseases including *gṛidharasī* (sciatica), *aṣthi stambha* (stiffness of bones), suppressed power of digestion, *apasmāra* (epilepsy), *unmāda* (insanity), *vibhrama* (abscess), *manda gatitva* (slow gait), affliction of skin, vessels, joints, knee-joints, legs and back by slow movement of *vāta* or fracture of horses, elephants as well as human beings. That is why this medicine has been named as *Prasāraṇī* (one that helps movement) *Tailam*. It promotes activities of sense organs, strength, and digestive power. It removes inefficiency caused due to old age and pain due to vitiation of *vāta*. It checks strokes and paralysis of different limbs as well as *vātagulma*. The user of this medicine becomes happy and contended.

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सप्तशतिकप्रसारणीतैलम्–

समूलपत्रामुत्पाट्य शरत्काले प्रसारणीम् । शतं ग्राह्यं सहचराच्छतावर्य्याः शतं यथा ।।३८३।।
बलाऽऽत्मगुप्ताऽश्वगन्धाकेतकीनांशतंशतम् । पचेच्चतुर्गुणेतोये द्रवैस्तैलाढकं भिषक् ।।३८४।।
मस्तु मांसरसं चुक्रं पयश्चाढकमाढकम् । दध्याढकसमायुक्तं पाचयेन्मृदुनाऽग्निना ।।३८५।।
द्रव्याणान्तु प्रदातव्या मात्रा चार्द्धपलांशिका । तगरं मदनं कुष्ठं केशरं मुस्तकं त्वचम् ।।३८६।।
रास्ना सैन्धवपिप्पल्यौ मांसीमञ्जिष्ठयष्टिकाः । तथा मेदा महामेदा जीवकर्षभकौ पुनः ।।३८७।।
शतपुष्पा व्याघ्रनखं शुण्ठीदेवाह्वमेवच । काकोलीक्षीरकाकोली वचा भल्लातकं तथा ।।३८८।।
पेषयित्वा समानेतान् साधनीया प्रसारणी । नातिपक्वं न हीनञ्च सिद्धं पूतं निधापयेत् ।।३८९।।
यत्र यत्र प्रदातव्यं तन्मे निगदतः शृणु । कुब्जानामथ पङ्गूनां वामनानां तथैव च ।।३९०।।
यस्य शुष्यति चैकाङ्गं ये च भग्नास्थिसन्धयः । वातशोणितदुष्टानां वातोपहतचेतसाम् ।।३९१।।
स्त्रीमद्यक्षीणशुक्राणां वाजीकरणमुत्तमम् । बस्तौ पाने तथाऽभ्यङ्गे नस्ये चैव प्रयोजयेत् ।।३९२।।
प्रयुक्तं शमयत्याशु वातजान् विविधान् गदान् ।।३९३।।

383-393.Sapataśatīka Prasāraṇī Tailam:

Ingredients: Root and leaves of *prasāraṇī*, *sahacara*, *śatāvarī*, *balā*, *ātmaguptā*, *aśvagandhā*, *ketakī*, water, *mūrcchita* oil, *mastu*, meat-soup, *suktā*, milk, curd, *tagara*, *madana*, *kuṣṭha*, *keśara*, *mustaka*, *tvak*, *rāsnā*, *saindhavam*, *pippalī*, *mānsī*, *manjiṣṭhā*, *yaṣṭikā*, *medā*, *mahāmedā*, *jīvaka*, *ṛiṣabhaka*, *śatapuṣpā*, *vyāghranakha*, *śunṭhī*, *devāhva* (dust of the wood of *devadāru* tree), *kākolī*, *kṣīrakākolī*, *vacā* and *bhallātaka*.

Process of Drug-Making: During autumn season, collect 5 kg. root and leaves of *prasāraṇī*. Add to it, 5 kg. each of *sahacara*, *śatāvarī*, *balā*, *ātmaguptā*, *aśvagandhā* and *ketakī*. Boil all these herbs in water measuring four times greater than their combination. Add to the decoction, 3 litre each of *mūrcchita* oil, *mastu*, meat-soup, *suktā*, milk and curd. Cook the preparation over a mild-fire. During cooking, add to it *kalka* prepared out of the following herbs each measuring 23 gm.: *tagara*, *madana*, *kuṣṭha*, *keśara*, *mustaka*, *tvak*, *rāsnā*, *saindhavam*, *pippalī*, *mānsī*, *manjiṣṭhā*, *yaṣṭikā*, *medā*, *mahāmedā*, *jīvaka*, *ṛiṣabhaka*, *śatapuṣpā*, *vyāghranakha*, *śunṭhī*, *devāhva* (dust of the wood of *devadāru* tree), *kākolī*, *kṣīrakākolī*, *vacā* and *bhallātaka*. Cook the preparation moderately and thereafter, store it properly.

Method of use/Administration: The medicated oil should be taken in the form of *basti* (enema), drink, and used in massage and also along with food.

Therapeutic benefits: It cures several diseases caused by *vāta* including *kubja*, *pangu*, *vamana*, emaciation of one limb, bone fracture and joint dislocation,

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vāta soṇita (gout) and affliction of the mind by *vāta*. It is an excellent aphrodisiac for those having shortage of sperms as a result of excessive indulgence in sex and alcoholic drinks.

(Cakradatt)

एकादशशतिकप्रसारणीतैलम्–

शाखामूलदलैः प्रसारणितुलास्तिस्रः कुरुण्टात्तुलेः
छिन्नायाश्च तुले तुले रुबुकतो रास्नाशिरीषात्तुलाम् ।
देवाह्वाच्च सकेतकाद् घट शते निःक्वाथ्य कुम्भांशिके
तोये तैलघटं तुषाम्बुकलसौ दत्त्वाऽऽढकं मस्तुनः ।।३९४।।
शुक्ताच्छागरसादथेक्षुरसत क्षीराच्च दत्त्वाऽऽढकं–
स्पृक्काकर्कटजीवकाद्यविकसाकाकोलिकाकच्छुरा ।
सूक्ष्मैलाघनसारकुन्दुसरलाकाश्मीरमांसीनखैः
कालीयोत्पलपद्मकाह्वयनिशाकक्कोलकग्रन्थिकैः ।।३९५।।
चाम्पेयाभयचोचपूगकटुकाजातीफलाभीरुभिः–
श्रीवासामरदारुचन्दनवचाशैलेयसिन्धूद्भवैः ।
तैलाम्भोदकटम्भराङ्घ्रिनलिकावृश्चीरकच्चोरकैः–
कस्तूरीदशमूलकेतकनतध्यामाश्वगन्धाऽम्बुभिः ।।३९६।।
कौन्तीताक्ष्यजशल्लकीफललघुश्यामाशताह्वामयै–
र्भल्लातत्रिफलाऽब्जकेशरमहाश्यामालवङ्गान्वितैः ।
सव्योषैस्त्रिपलैर्महीयसि पचेन्मन्देन पात्रेऽग्निना
पानाभ्यञ्जनबस्तिनस्यविधिना तन्मारुतं नाशयेत् ।।३९७।।
सर्वाङ्गगतं तथाऽवयवगं सन्ध्यस्थिमज्जागतं–
श्लेष्मोत्थानथ पैत्तिकांश्च शमयेन्नानाविधानामयान् ।
धातून् बृंहयति स्थिरञ्च कुरुते पुंसां नवं यौवनं–
वृद्धस्यापि बलं करोति सुमहद् वन्ध्यासु गर्भप्रदम् ।।३९८।।
पीत्वा तैलमिदं जरत्यपि सुतं सूतेऽमुना भूरुहाः–
सिक्ताः शोषमुपागताश्च फलिनः स्निग्धा भवन्ति स्थिराः ।
भग्नाङ्गाः सुदृढा भवन्ति मनुजा गावो हयाः कुञ्जराः ।।३९९।।

394-399. Ekādaśaśatik Prasāraṇī Tailam:

Ingredients: *Prasāraṇī* along with its branches, roots and leaves, *kuruṇṭa*, *chinna*, *urubaka*, *rāsnā*, *śirīṣa*, *devāhvā*, *ketaka*, water, *mūrcchita* oil, *tuṣāmbu*, *mastu*, *suktā*, soup of goat meat, sugarcane juice, milk, *spṛikkā*, *karkaṭa*, *jīvakādi* group of herbs (*jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *ṛiddhi*,

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vṛiddhi, *madhuyaṣṭī*, *jīvantī*, *mudgaparṇī* and *māṣaparṇī*), *manjiṣṭha*, *kākolī*, purified seeds of plant *kraunca*, *elā*, camphor, *kunduru*, *saralakāṣṭha*, *keśara*, *jaṭāmānsī*, *nakhī*, *agara*, *utpala*, *padmaka*, *niśā*, *kakkola*, *granthika*, *campeya* (jasmine flower), *uśīra*, *coca*, *pūga*, *kaṭuka*, *jātīphala*, *abhiru*, *sṛīvāsa*, *amara dāru*, *candana*, *vacā*, *śaileya*, *sindihudbhava*, *tila*, *ambhoda*, *kanṭambhara*, *anghṛi*, *nīlaka*, *vṛiścīraka*, *coraka*, *kastūrī*, *daśamūla* (all ten herbs), *ketakī*, *nata*, *dhyúmā*, *aśvagandhā*, *ambu*, *kaunti*, *tārkṣayaja*, *śallakī*, *phalā*, *laghu śāyāma*, *śatāhvā*, *āmaya*, *triphalā* herbs, *abja*, *keśara*, *mahā śyāmā*, *lavanga* and *vyoṣa*.

Process of Drug-Making: Get 15 kg. of *prasāraṇī* along with its branches, roots and leaves. Also take 10 kg. of *kuruṇṭa*, 10 kg. of *chinna*, 10 kg. of *urubaka*, 2.5 kg. each of the *rāsnā*, bark of *śirīṣa*, *devāhvā* and roots and flowers of plant *ketakī*. Decoct all these ingredients in 1200 litre of water. Boil down the recipe till is reduced to the measure of one *kumbha* (=24 litres). Strain the preparation and add to it, 12 litre of *mūrcchita* oil, 28 litre of *tuṣāmbu*, 3 litre of the *mastu*, 3 litre of *suktā*, 3 litre of the soup of goat meat, 3 litre of sugarcane juice and 3 litre of milk. Boil this preparation by adding to it the *kalka* prepared out of 140 gm. each of the following: *spṛikkā*, *karkaṭa*, *jīvakādi* group of herbs (*jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *ṛiddhi*, *vṛiddhi*, *madhuyaṣṭī*, *jīvantī*, *mudgaparṇī* and *māṣaparṇī*), *manjiṣṭha*, *kākolī*, purified seeds of plant *kraunca*, *elā*, camphor, *kunduru*, *saralakāṣṭha*, *keśara*, *jaṭāmānsī*, *nakhī*, *agara*, *utpala*, *padmaka*, *niśā*, *kakkola*, *granthika*, *campeya* (jasmine flower), *uśīra*, *coca*, *pūga*, *kaṭuka*, *jātīphala*, *abhiru*, *sṛīvāsa*, *amara dāru*, *candana*, *vacā*, *śaileya*, *sindihudbhava*, *tila*, *ambhoda*, *kanṭambhara*, *anghṛi*, *nīlaka*, *vṛiścīraka*, *coraka*, *kastūrī*, *daśamūla* (all ten herbs), *ketakī*, *nata*, *dhyúmā*, *aśvagandhā*, *ambu*, *kaunti*, *tārkṣayaja*, *śallakī*, *phalā*, *laghu śāyāma*, *śatāhvā*, *āmaya*, *triphalā* herbs, *abja*, *keśara*, *mahā śyāmā*, *lavanga* and *vyoṣa*. Collect the preparation in a large pot and methodologically cook it over a mild fire.

Method of use/Administration: This medicated oil should be taken in the form of drink, massage, *basti* (enema) and inhalation therapy.

Therapeutic benefits: It cures all types of *vātika* diseases including affliction of the whole body, half of the body, one limb, joint, bone and bone-marrow by *vāta*. It also cures various types of diseases caused by *kapha* and *pitta*. It nourishes emaciated persons and makes the youth of the person stable and long lasting. It promotes the strength of old people; it helps in the sterile women to conceive. By the administration of this medicated oil, even old trees blossom. Massage of this

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medicated oil is useful for patients suffering from consumption in as much as it promotes their strength and unctuousness of the body. Human beings, cattle, horses and elephants having fractures in their bodies become free from the ailments and their bones become very strong.

(Cakradatt)

अष्टादशशतिकप्रसारणीतैलम्–

समूलदलशाखायाः प्रसारण्याः शतत्रयम् । शतमेकं शतावर्य्या अश्वगन्धाशतं तथा ।।४००।।
केतकीनां शतञ्चैकं दशमूलाच्छतं शतम् । वाट्यालकस्यापि शतं शतं सहचरस्य च ।।४०१।।
जलद्रोणशतं दत्त्वा शतभागावशेषितम् । ततस्तेन कषायेण कषायद्विगुणेन च ।।४०२।।
सुव्यक्तेनारनालेन दधिमस्त्वाढकेन च । क्षीरशुक्तेक्षुनिर्यासच्छागमांसरसाढकैः ।।४०३।।
तैलद्रोणंसमायुक्तंदृढेपात्रे निधापयेत् । द्रव्याणि यानि पेष्याणि तानि वक्ष्याम्यतः परम् ।।४०४।।
भल्लातकंनतंशुण्ठीपिप्पलीचित्रकंशटी । वचास्पृक्काप्रसारण्याः पिप्पल्या मूलमेव च ।।४०५।।
दवदारु शताह्वा चसूक्ष्मैलात्वक्च बालकम् । कुङ्कुमं मदमञ्जिष्ठातुरुष्कं नखिकाऽगुरु ।।४०६।।
कर्पूरकुन्दुरुनिशालवङ्गं ध्यामचन्दनम् । कक्कोलं नलिका मुस्तं कालीयोत्पलपत्रकम् ।।४०७।।
शटीहरेणुशैलेयश्रीवासञ्च सकेतकम् । त्रिफला कच्छुराभीरुसरलं पद्मकेशरम् ।।४०८।।
प्रियङ्गूशीरनलदं जीवकाद्यं पुनर्नवा । दशमूल्यश्वगन्धा च नागपुष्पं रसाञ्जनम् ।।४०९।।
कटुकाजातिपूगानांफलानिशल्लकीरसम् । भागांस्त्रिपलिकान्दत्त्वाशनैर्मृद्वग्निना पचेत् ।।४१०।।
विस्तीर्णे सुदृढे पात्रे पाच्यैषा तु प्रसारिणी । प्रयोगःषड्विधश्चात्र रोगार्त्तानां विधीयते ।।४११।।
अभ्यङ्गात्त्वग्गतं हन्तिपानात्कोष्ठगतंतथा । भोजनात् सूक्ष्मनाडीस्थान्नस्यादूर्ध्वगतं तथा ।।४१२।।
पक्वाशयगतेबस्तिनिरूहः सर्वगामिके । एतद्धि वडवाऽश्वानां किशोराणां यथाऽमृतम् ।।४१३।।
एतदेव मनुष्याणां कुञ्जराणां गवामपि । अनेनैव च तैलेन शुष्यमाणा महाद्रुमाः ।।४१४।।
सिक्ताः पुनः प्ररोहन्ति भवन्ति फलशालिनः । वृद्धोऽप्यनेन तैलेन पुनश्च तरुणायते ।।४१५।।
नग्नप्रसूतेचयानारीसाऽपिपीत्वाप्रसूयते । अग्रजः पुरुषो यस्तु सोऽपि पीत्वा लभेत् सुतम् ।।४१६।।
अशीतिंवातजान्रोगान्पैत्तिकाञ्श्लैष्मिकानपि । सन्निपातसमुत्थांश्चनाशयेत् क्षिप्रमेव हि ।।४१७।।
एतेनान्धकवृष्णीनां कृतं पुंसवनं महत् । कृत्वा विष्णोर्बलिञ्चापि तैलमेतत् प्रयोजयेत् ।।४१८।।

400-418. Aṣṭādaśaśatik Prasāraṇī Tailam:

Ingredients: *Prasāraṇī* along with its roots, leaves and branches, *śatāvarī*, *aśvagandhā*, root and sprouts of *ketakī*, *daśamūla* herbs (each separately), *pañcānga* of *balā*, root of *jhinṭi*, water, *kānji*, water of the top layer of curd, cow milk, *śukti*, juice of sugarcane, mutton soup, *mūrcchita* sesame oil, 'pulp of purified *bhallātaka*, *tagara*, dried ginger, *pippalī*, root of *citraka*, *karcūra*, *vacā*, *sprakkā*, root of *gandhaprasāraṇī*, *pippalīmūla*, powder of *devadāru* wood, aniseeds, smaller cardamom, cinnamon, *sugandhabālā*, *keśara*, *kastūrī*, *manjiṣṭhā*, *śilārasa* (*turuṣka*), *nakhikā*, *aguru*, camphor, *kunduru*, *haridrā*, clove, *rohiṣ*, red

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sandalwood, *kañkola*, *nalikā*, *mustā*, *tagar*, *nilotpala*, cassia leaves, *karcūra*, seeds of *sambhālū*, *śaileya*, *śṛīvāsa*, flowers (sprouts) of *ketakī*, *tṛiphalā* (mixed), purified seeds of *kraunc*, *śatāvar*, *saralkāṣṭha*, *kamala keśara*, *priyangu*, *uśīra*, *jaṭāmānsī*, herbs of the *jīvani* group (each separately), *punarnavā*, herbs of *daśamūla* (each separately), *aśvagandhā*, *nāga keśara*, *rasāñjana*, seeds of *latā kastūrī*, *jātīphala*, betel nuts and *sarja rasa*.

Process of Drug-Making: Take 15 kg. measure of the plant *prasāraṇī* along with its roots, leaves and branches. Also take 5 kg. each of *śatāvar*, *aśvagandhā*, root and sprouts of *ketakī*, *daśamūla* herbs (each separately), *pañcānga* of *balā* and root of *sahacara* Put all these materials in a pot filled with 1200 litre of water and prepare a decoction out of it. When the original quantity is reduced to 12 litre, remove the preparation from the stove and sieve the same. Take *kānji* twice the quantity of this decoction (i.e. 24 litres) and 3 litre each of water of the top layer of curd, cow milk, *śukti*, juice of sugarcane and mutton soup. Also take *mūrcchita* sesame oil (12 litres). Mix all the ingredients together.

Prepare *kalka* of the following materials each measuring 140 gm: pulp of purified *bhallātaka*, *tagara*, dried ginger, *pippalī*, root of *citraka*, *karcūra*, *vacā*, *sprakkā*, root of *gandhaprasāraṇī*, *pippalīmūla*, powder of *devadāru* wood, aniseeds, smaller cardamom, cinnamon, *sugandhabālā*, *keśara*, *kastūrī*, *manjiṣṭhā*, *śilārasa* (*turuṣka*), *nakhikā*, *aguru*, camphor, *kunduru*, *haridrā*, clove, *rohiṣ*, red sandalwood, *kañkola*, *nalikā*, *mustā*, *tagar*, *nilotpala*, cassia leaves, *karcūra*, seeds of *sambhālū*, *śaileya*, *śṛīvāsa*, flowers (sprouts) of *ketakī*, *tṛiphalā* (mixed), purified seeds of *kraunc*, *śatāvar*, *saralkāṣṭha*, *kamala keśara*, *priyangu*, *uśīra*, *jaṭāmānsī*, herbs of the *jīvani* group (each separately), *punarnavā*, herbs of *daśamūla* (each separately), *aśvagandhā*, *nāga keśara*, *rasāñjana*, seeds of *latā kastūrī*, *jātīphala*, betel nuts and *sarja rasa*.

Obtain a big round pot and put the above-mentioned decoction, *kānji*, curd water, milk, *śukti*, juice of sugarcane, mutton soup, sesame oil and *kalka* into this pot. Cook the preparation and obtain medicinal oil.

Method of use/ Administration and Therapeutic benefits: This oil is used in six different ways for the cure of patients. Drinking this oil gives relief from *koṣṭhagata vāta* diseases. If taken along with meals, it cures *vāta* of arteries, channels and on the upper part of *jatru*. If *basti* therapy is performed with this oil, it cures *pakvāśāyagata vāta* disorders. If used in *niruha* therapy, the oil cures *vāta* disorders of the whole body. This oil is like ambrosia for horse, children, man,

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elephant and cow. If this oil is sprinkled along with water on a drying trees, the trees gains strength and yields new leaves, fruits and new branches. If an old man is given this medicinal oil, he would rejuvenate like a youth and can enjoy his sex life. A sterile woman can conceive after consuming this oil. The persons who have weak sperms can also get child after consuming this medicinal oil. This oil can cure eighty types of *vāta* and *pitta* disorders, *śleṣmika* problems and *sannipātajanya* problems. Tribal groups of Andhaka and Vṛiṣṇī used this oil and as result they performed ritual worships regarding *Punsvan Karma* (a celebration to mark the beginning of pregnancy). This oil should be used only after worshiping God Viṣnu and giving offers.

(Cakradatt)

महाराजप्रसारणीतैलम्–

शतत्रयं प्रसारण्या द्वे च पीतसहाचरात् । अश्वगन्धैरण्डबला वरी रास्ना पुनर्नवा ।।४१९।।
केतकी दशमूलञ्च पृथक्त्वक्पारिभद्रतः । प्रत्येकमेषान्तु तुला तुलार्द्धं किलिमात्तथा ।।४२०।।
तुलार्द्धंस्याच्छिरीषाच्चलाक्षायाःपञ्चविंशतिः । पलानिलोध्राच्चतथा सर्वमेकत्र साधयेत् ।।४२१।।
जलं पञ्चाढकशते सपादे तत्र शेषयेत् । द्रोणद्वयं काञ्जिकञ्च षड्विंशत्याढकोन्मितम् ।।४२२।।
क्षीरदध्नोः पृथक् प्रस्थान् दश मस्त्वाढकं तथा । इक्षुरसाढकौ चैव छागमांसतुलात्रये ।।४२३।।
जलपञ्चचत्वारिंशत् प्रस्थान्पक्वेतुशेषयेत् । सप्तदशरसप्रस्थान् मञ्जिष्ठाक्वाथ एव च ।।४२४।।
कुडवोनाढकोन्मानो द्रवैरेतैस्तु साधयेत् । सुशुद्धतितैलस्य द्रोणं प्रस्थेन संयुतम् ।।४२५।।
काञ्जिकं मानतो द्रोणं शुक्तेनात्र विधीयते ।

419-425. Māharājaprasāraṇī Tailam:

Ingredients: *Pañcānga* of *gandhaprasāraṇī*, yellow flowered *jhinṭi*, *aśvagandhā*, root of *eraṇḍa*, *pañcānga* of *balā*, *śatāvarī*, *rāsnā*, *pañcānga* of *punarnavā*, mixture of roots and flowers of *ketakī*, separate ingredients of *daśamūla* herbs, bark of *pāribhadraka* tree, powder of *lākṣā*, *lodhra*, *kānji*, cow milk, *godadhi*, water of curd, juice of sugarcane and mutton, *manjiṣṭhā* and *mūrcchita* sesame oil.

Process of Drug-Making: Get the following materials: *pañcānga* of *gandhaprasāraṇī* (15 kg.), yellow flowered *jhinṭi* (10 kg.), *aśvagandhā*, root of *eraṇḍa*, *pañcānga* of *balā*, *śatāvarī*, *rāsnā*, *pañcānga* of *punarnavā*, mixture of roots and flowers of *ketakī*, separate ingredients of *daśamūla* herbs, bark of *pāribhadraka* tree each measuring 5 kg., powder of *lākṣā* (1.250 kg.), *lodhra* (1.250 kg.). Thickly pulverise all these materials. Take a large pot and put all the pulverized materials into it. Decoct all these materials along withwater measuring

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24 litre. Decoct the same until the original quantity is reduced to one fourth and sieve the same. Pour this decoction in a big pot and add to it *kānji* measuring 12 litre (here *kānji* refers to 12.50 litres *śukta* prepared through the method described below), cow milk (7.50 litre), *godadhi* (7.50 litre), water of curd (7.50 litre), juice of sugarcane (6 litres) and mutton juice (15 litres). Subsequently, Decoct all these materials along with35 litre quantity of water. Decoct the same until the original quantity is reduced to 13.65 litre. Sieve the same and add to it decoction of *manjiṣṭhā* (7.50 litre) and *mūrcchita* sesame oil (12.750 litre).

(Cakradatt)

कल्कपाकः प्रथमः–

आद्यएभिर्द्रवैःपाकःकल्कोभल्लातकंकणा । नागरं मरिचञ्चैव प्रत्येकं षट्पलोन्मितम् ।।४२६।।
पथ्याऽक्षधात्र्यः सरलंशताह्वाकर्कटी वचा । चोरपुष्पी शटी मुस्ताद्वयं पद्मञ्च सोत्पलम् ।।४२७।।
पिप्पलीमूलमञ्जिष्ठा साश्वगन्धा पुनर्नवा । दशमूलं समुदितं चक्रमर्दो रसाञ्जनम् ।।४२८।।

426-429: Kalkapāka (First Recipe):

Ingredients: Pulp of purified *bhallātaka* fruit, *pippalī*, dried ginger, black pepper, *haraḍa*, *vibhītaka*, *āmalakī*, *saralkāṣṭha*, aniseeds, *karkaṭaśṛingī*, *vacā*, *corpuṣpī*, *karcūra*, *mustā*, *nāgarmustā*, lotus, *nīlakamala*, *pippalīmūla*, *manjiṣṭhā*, *aśvagandhā*, *pañcānga* of *punarnavā*, mixed *daśamūla* herbs, *cakramarda*, *rasāñjana*, *gandhatṛiṇa* (*rohiś ghas*), *haridrā* and separate herbs *jīvani* group (*jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *ṛiddhi*, *vṛiddhi*, *madhuyaṣṭī*, *jīvantī*, *mudgaparṇī* and *māṣaparṇī*).

Process of Drug-Making: Get the following in measurement of 288 gm. each: pulp of purified *bhallātaka* fruit (if the patient is not able to bear *bhallātaka* then in place of it he should be given the same quantity of red sandalwood powder), *pippalī*, dried ginger and black pepper. Put all of them collectively into a pot. Also take 144 gm. measure of the each of the following: *haraḍa*, *vibhītaka*, *āmalakī*, *saralkāṣṭha*, aniseeds, *karkaṭaśṛingī*, *vacā*, *corpuṣpī*, *karcūra*, *mustā*, *nāgarmustā*, lotus, *nīlakamala*, *pippalīmūla*, *manjiṣṭhā*, *aśvagandhā*, *pañcānga* of *punarnavā*, mixed *daśamūla* herbs, *cakramarda*, *rasāñjana*, *gandhatṛiṇa* (*rohiś ghas*), *haridrā* and separate herbs *jīvani* group (*jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *ṛiddhi*, *vṛiddhi*, *madhuyaṣṭī*, *jīvantī*, *mudgaparṇī* and *māṣaparṇī*).

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Prepare *kalka* of these materials along with water on a stone slab. Put this *kalka* in the above-mentioned pot and obtain the medicinal oil by cooking the preparation methodologically. The oil obtained by this cooking should be sieved thoroughly and again the preparation should be put in the pot and place it on stove.

कल्कपाको द्वितीयः–

देवपुष्पीबोलपत्रं शल्लकीरसशैलजे । प्रियङ्गूशीरमधुरीमांसीदारुबलाचलम् ।।४३०।।
श्रीवासोनलिकाखोटिःसूक्ष्मैला कुन्दुरुर्मुरा । नखी त्रयञ्च त्वक्पत्रीपरमापूतिचम्पकम् ।।४३१।।
मदनं रेणुका पृक्का मरुवञ्च पलत्रयम् । प्रत्येकं गन्धतोयेन द्वितीयः पाक इष्यते ।।४३२।।

430-432:Kalkapāka (Second Recipe):

Ingredients: Clove, *bola*, cassia leaves, juice of *śallakī* (*sarja rasa*), *śailaja*, *priyangu*, *uśīra*, aniseeds, *jaṭāmānsī*, powder of *devadāru* wood, root and *pañcānga* of *balā*, *cala* (*śilārasa*), *śṛīvāsa*, *nalikā*, *khoṭi*, smaller cardamom, *kunduru*, *murāmānsī*, three types of *nakhī* (*kākodumbarapatra*, *aśvakhura*, *utpalapatra*), cassia leaves, *parama*, *khaṭṭaśī* (*pūti*), buds of *campaka*, *madanaphala*, *hareṇukā* (or *sambhālū* seeds), *prakkā* (*aśavaraga*), flowers of *madhuka* and *gandhodaka*.

Process of Drug-Making: Take 140 gm. measure each of the following: clove, *bola*, cassia leaves, juice of *śallakī* (*sarja rasa*), *śailaja*, *priyangu*, *uśīra*, aniseeds, *jaṭāmānsī*, powder of *devadāru* wood, root and *pañcānga* of *balā*, *cala* (*śilārasa*), *śṛīvāsa*, *nalikā*, *khoṭi*, smaller cardamom, *kunduru*, *murāmānsī*, three types of *nakhī* (*kākodumbarapatra*, *aśvakhura*, *utpalapatra*), cassia leaves, *parama*, *khaṭṭaśī* (*pūti*), buds of *campaka*, *madanaphala*, *hareṇukā* (or *sambhālū* seeds), *prakkā* (*aśavaraga*), flowers of *madhuka*. Prepare *kalka* of these materials along with water on a stone slab. Put this *kalka* in the pot already filled with other materials. Obtain *gandhodaka* prepared through method suggested below and add into the pot (refered to in the closing line of the above formula 426-429). Cook the preparation for the second time. After thoroughly cooking the preparation, sieve the oil and store it in a round shaped pot.

(Cakradatt)

गन्धोदकनिर्माणप्रकारः–

गन्धोदकन्तु त्वक्पत्री पत्रकोशीरमुस्तकम् । प्रत्येकं सबलामूलं पलानि पञ्चविंशतिः ।।४३३।।
कुष्ठार्द्धभागोऽत्रजलप्रस्थास्तुपञ्चविंशतिः । अर्द्धावशिष्टाःकर्त्तव्याःपाकेगन्धाम्बुकर्मणि ।।४३४।।

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433-434. Formula to prepare the Gandhodaka:

Ingredients: Cassia leaves, *patraka* (type of cassia leaves), *uśīra*, *mustā*, root of *balā*, *kuṣṭha* and water.

Process of Drug-Making: Take 1250 gm. measure each of cassia leaves, *patraka* (type of cassia leaves), *uśīra*, *mustā*, root of *balā*, 612 gm. measure of *kuṣṭha* and 18 litre quantity of water. Collect all these materials in a pot and cook the same. Cook it till the original quantity is reduced to half. Remove the pot and sieve the compound. This compound is known as *Gandhodaka*. With this oil only cooking is done for the second time (as mentioned above).

(Cakradatt)

कल्कपाकस्तृतीयः–

गन्धाम्बुचन्दनाम्बुभ्यां तृतीयः पाक इष्यते । कल्कोऽत्र केशरं कुष्ठं त्वक्कालीयककुङ्कुमम् ।
भद्रश्रियं ग्रन्थिपर्णं लताकस्तूरिका तथा ।।४३५।।
लवङ्गागुरुकक्कोलजातीकोषफलानि च । एलालवङ्गच्छल्ली च प्रत्येकं त्रिपलोन्मितम् ।।४३६।।
कस्तूरी षट्पला चन्द्रात्पलं सार्द्धञ्च गृह्यते । वेधनार्थं पुनश्चन्द्रमदौ देयौ तथोन्मितौ ।।४३७।।
महाप्रसारणी सेयं राजभोग्या प्रकीर्त्तिता । गुणान् प्रसारणीनान्तु वहत्येषा बलोत्तमान् ।।४३८।।

435-438: Kalkapāka (Third Recipe):

Ingredients: *Gandhodaka* (water treated with aromatic herbs), *candanāmbu* (water treated with the sandalwood), *nāga keśara*, *kuṣṭha*, cinnamon, *tagar*, *keśara*, powder of white sandalwood, *granthiparṇa*, *latā kastūrī*, clove, *agaru*, *kakkola* (*kañkola*), *jātīkoṣa*, *jātīphala*, smaller cardamom and bark of clove tree, *kalka* of *kastūrī*), camphor and *nāga keśara*.

Process of Drug-Making: After cooking the preparation for second time (as mentioned above), thoroughly mix *gandhodaka* (water treated with aromatic herbs) and *candanāmbu* (water treated with sandalwood) into it, sieve the same, add the *kalka* suggested below into it and cook the recipe for the third time. For obtaining this *kalka*, take the following materials in quantity of 140 gm. each and churn them along with water: *nāga keśara*, *kuṣṭha*, cinnamon, *tagar*, *keśara*, powder of white sandalwood, *granthiparṇa*, *latā kastūrī*, clove, *agaru*, *kakkola* (*kañkola*), *jātīkoṣa*, *jātīphala*, smaller cardamom and bark of clove tree.

Put all the above components (including the waters treated with *gandhaka* and sandalwood and *kalka* of *nāga keśara* and other materials as well as the medicated oil) into a pitcher and cook it methodologically. Finally strain the oil. Obtain 280

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gm. of camphor and 70 gm. of *kastūrī* and prepare a fine powder out of them. Add this powder to the above medicated oil while it is still very hot. Close the pitcher tightly and leave it for a few days. This medicinal oil is called *Māharājaprasāraṇī Taila*. It is fit for the noble personalities also. It has greater qualities in comparison to other medicinal oils.

(Cakradatt)

शुक्तविधिः–

काञ्जिकंमानतोद्रोणःशुक्तेनात्रविधीयते । अत्र शुक्तविधिर्मण्डः प्रस्थः पञ्चाढकोन्मितम् ।।४३९।।
काञ्जिकंकुडवौदध्नो गुडप्रस्थोऽम्लमूलकात् । पलान्यष्टौ शोधितार्द्रात्पलषोडशकं तथा ।।४४०।।
कणाजीरकसिन्धूत्थहरिद्रामरिचं पृथक् । द्विपलं भाविते भाण्डे घृतेनाष्टदिनस्थितम् ।।४४१।।
सिद्धं भवति तच्छुक्तं यदाऽवतार्य गृह्यते । तदा देयं चतुर्जातं पृथक् कर्षत्रयोन्मितम् ।।४४२।।

439-442. Method to prepare Śukta:

Ingredients: *Manḍa* (the watery soup) of cooked rice, *kānji*, curd, old jaggery, citrus radish or the citrus grains deposited at the bottom of *kānji*, peeled ginger, powders of *pippalī*, white cumin seeds, rock salt, *haridrā*, pepper, cardamom, *nāga keśara*, cinnamon barks and cassia leaves.

Process of Drug-Making: The recipe of *Māharājaprasāraṇī Taila* (419-425) refers to term *kānji* that in fact pertains to *śukta* measuring 13 litre. This *śukta* is made as per the following method: take the *manḍa* (the watery soup) of cooked rice measuring 750 ml., *kānji* measuring 15 litre, curd measuring 375 gm., old jaggery measuring 750 gm., 375 gm. measure of citrus radish or the citrus grains deposited at the bottom of some *kānji*, peeled ginger measuring 750 gm. and 93 gm. powder each of *pippalī*, white cumin seeds, rock salt, *haridrā* and pepper. Keep all these ingredients into a pitcher that has been coated with *ghṛitam* from inside. Tightly close the pitcher and place it in a lonely place for eight days. Following that remove out the preparation from the pitcher and filter it. Add to the filtered liquid, 35 gm. measure of fine powder of cardamom, *nāga keśara*, cinnamon barks and cassia leaves.

गन्धद्रव्यशुद्धिः (चक्रदत्तः)–

पञ्चपल्लवतोयेन गन्धानां क्षालनं तथा । शोधनञ्चापि सस्कारो विशेषश्चात्र वक्ष्यते ।।४४३।।

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443. Method to purify aromatic materials:

All kinds of aromatic materials should be first washed with water treated by special aromatic materials. The detail regarding the aromatic materials is given in the *ślokas* below.

आम्रजम्बूकपित्थानां बीजपूरकबिल्वयोः । गन्धकर्मणि सर्वत्र पत्राणि पञ्चपल्लवम् ।।४४४।।

444. The leaves of mango, *jambū*, *kapittha*, *jambīra* lemon tree and *bilva* together are known as *pañcapallava*. For performing any *gandhakarma*, the water of this *pañcapallava* should be obtained.

नखीशुद्धिः–

चण्डीगोमयतोयेन यदि वा तिन्तिडीजलैः । नखं संक्वाथयेदेभिरलाभे मृन्मयेन तु ।।४४५।।
पुररुद्धृत्य प्रक्षाल्य भर्जयित्वा निषेचयेत् । गुडाभयाऽम्बुना ह्येवं शुद्ध्यते नात्र संशयः ।।४४६।।

445-446. Purification of Nakhī:

Take *tṛividha nakhī* of the best quality and process it through the *svedana* method along with juice of cow dung using a *Dolā yañtra* for three hours. In the absence of cow dung, one can use juice of tamarind leaves and only soil treated water. Take out the properly swooned *nakhī* from the *Dolā yañtra*, wash it with water and place into a pan. Bake the *nakhī* properly and soak it into the decoction of *harītakī* containing jaggery. In this way one can get purified *nakhī*.

हरिद्रा-वचाशुद्धिः–

गोमूत्रे चालम्बुषके पक्त्वा पञ्चदलोदके । पुनः सुरभितोयेन बाष्पस्वेदेन स्वेदयेत् ।
गन्धाग्रा शुद्ध्यते ह्येवं रजनी च विशेषतः ।।४४७।।

447. Purification of Haridrā and Vacā:

Boil *gandhodaka* with cow urine or *alambuṣa* or the decoction of *pañcapallava*. Subsequently, swoon it with the decoction of *surabhi* (a type of *śallakī* tree which grows in northern country). Thus *gandhāgra* becomes pure. Same procedure should be followed for *rajanī* also. Thereafter, *gandhāgra* and *rajanī* should be fumigated with the smoke of *lākṣā* and *aguru* and made fragrant by washing with the decoction or juice of flowers. Optionally, *rajanī* can be purified by boiling with the water prepared out of the *kṣāra* (alkali preparation) of *colangapatra*.

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मुस्तकशुद्धिः–

मुस्तकन्तुमनाक् क्षुण्णं काञ्जिके त्रिदिनोषितम् । पञ्चपल्लवतोयेन स्विन्नमातपशोषितम् ।।४४८।।
गुडाम्बुना सिच्यमानं भर्जयेच्चूर्णयेत्ततः । आजशोभाञ्जनजलैर्भावयेच्चेति शुद्ध्यति ।।४४९।।

448-449. Purification of Mustaka:

Thickly pulverize the herb *mustā* and fill it in an earthen pot. Pour *kānji* into the pot and keep it for three days. On the fourth day, remove *mustā* from *kānji* and wash it with water and swoon it along with decoction of *pañcapallava* through a *dolā yañtra* method for one hour. Dry the same under the sun. Cook it with *guḍāmbu* (water with the jaggery dissolved into it) till the water content is evaporated. Mortar the same to obtain a fine powder. Process the decoction through *bhāvanā* method using urine of goat as well as decoction of *śobhāñjana's* bark. Keep the same among flowers like jasmine, etc. for equiping the same with a scented flavour.

शैलजशुद्धिः–

काञ्जिके क्वथितं शैलं भृष्टा पथ्या गुडाम्बुना । सिञ्चेदेवं ततः पुष्पैर्विविधैरधिवासयेत् ।।४५०।।

450. Purification of Śailaja:

Using the *Dolā Yañtra* method decoct the *śailaja* with *kānji* (The *Dolā Yañtra* performs a kind of evaporation). Wash the medicine with water. Repeat the steam cooking with decoction of *pañcapallava* leaves. After that drop the *śailaja* inside water, treated with jaggery as well as fried *harītakī*. After three hours remove out the medicine from this water and dry the same under sun. After that make it scented by placing scented flowers like jasmine and rose around it. Optionally, one can swoon *śailaja* along with *kānji* and subsequently wash it with water. It should be followed by treatment of *bhāvanā* method using cow urine. Churn the medicine with decoction of *śobhāñjana* for one hour and subsequently with honey. Finally, the processed *śailaja* should be smoke-treated using the *aguru* and *sarja rasa*.

खट्वाशीशुद्धिः–

यथालाभमपामार्गस्नुह्यादिक्षारलेपितम् । बाष्पस्वेदेन संस्वेद्य पूतिं निर्लोमतां नयेत् ।।४५१।।
दोलापक्वंपचेत्पश्चात्पञ्चपल्लववारिणि । खलःसाधुमिवोत्पीड्य ततो निःस्नेहतां नयेत् ।।४५२।।
आजशोभाञ्जनजलैर्भावयेच्च पुनः पुनः । शिग्रुमूले च केतक्याः पुष्पपत्रपुटे च तम् ।।
पचेदेवं विशुद्धः सन् मृगनाभिसमो भवेत् ।।४५३।।

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451-453. Purification of Khaṭṭāśī:

The *khaṭṭāśī* should be smeared with the *kṣāra* (alkali preparation) of *apāmārga*, *snuhī* etc. (depending upon their availability), and exposed to steam fomentation using a *Dolā Yañtra* (The *Yañtra* performs a kind of evaporation) filled with the decoction of the *pañcapallava* leaves. After processing the *khaṭṭāśī* for a one *prahara* period, dry the same under sun.

Obtain a pitcher filled with the decoction of the *pañcapallava* leaves in it. Pack the processed *khaṭṭāśī* in a piece of cotton and hang it at the mouth of pitcher in a manner that the pack gets submerged into the decoction. Cook the drug for a period of one *prahara* by placing the pitcher on a stove. Thereafter, remove the drug and properly compress it between two pieces of wood. Press down the drug so that the oily content of it is removed out. Following that, it should be saturated through the *bhāvanā* method using goat's urine and decoction of *śobhāñjana* barks for seven times each. Prepare a *kalka* of the *śobhāñjana* barks and place the processed *khaṭṭāśī* inside this *kalka*. Pack this lump with the flower and leaves of *ketakī*, tie the pack with the long grass shoots of *kuśa*. Coat the pack with mud and heat up the same through *puṭapāka* method. Subsequently, removing the same through the pack treat it with the aromatic flowers. Thus processed, the *khaṭṭāśī* becomes as pure as the *kastūrī*.

शिलारसादिशुद्धिः–

तुरुष्कं मधुना भाव्यं काश्मीरञ्चापि सर्पिषा । रुधिरेणायसं प्राज्ञैर्गोमूत्रैर्ग्रन्थिपर्णकम् ।।
मधूदकेन मधुरीं, पत्रकं तण्डुलाम्बुना ।।४५४।।

454. Purification of Śilārasa and the like materials:

Purification of *turuṣka* (= *śilārasa* = *sihlak*): The *śilārasa* should be washed properly with the decoction of *pañcapallava* leaves. Following that it should be treated through *bhāvanā* method for three consecutive times using honey. After that it should be washed with *gandhodaka* (aromatic water) and dried. Following that it should be treated with smoke and treated with water scented by aromatic flowers like jasmine.

Purification of *Keśara*: First wash the *keśara* (saffron) with the *gandhodaka*. Get a pitcher containing milk and small quantity of *ghṛitam*. Tie the mouth of the pitcher with a piece of cotton. Place the *keśara* above the piece of cloth and cover it with a bowl turned upside down. Now place the pitcher on a stove and allow the

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steam to cover the medicine. Remove out the medicine after one hour and wash it again with *gandhodaka*. Finally treat it with aroma of flowers like jasmine.

Purification of *agara*: First wash *agara* with the *gandhodaka*. Soak this inside water treated by *keśara* and dry the medicine. Subsequently, wash it with *gandhodaka* and dry the *agara*. Perform this treatment for three consecutive times.

Purification of *granthiparṇa*: Swoon the *granthiparṇa* using a *Dolā Yañtra* and cow urine. After that wash the herb with *gandhodaka* and let it dry. Finally, treat it with aroma of scented flowers.

Purification of *madhuri* (aniseeds): Wash the aniseeds with water treated with honey and let them dry. Following that process them through the *bhāvanā* method using the water treated by honey. Repeat this process for three consecutive times. Finally keep the aniseeds inside a heap of scented flowers.

Purification of *patraka* (*tejapatra* i.e. cassia leaves): Wash the cassia leaves with rice-washing (*taṇḍulodaka*) and let them dry. Finally keep them inside a heap of scented flowers.

सरलस्त्रावशोधनम्–

अथ गन्धोदकेनादौ सरलस्त्रावमुत्तमम् । प्रक्षाल्य शोषयेद्धर्मे शर्करावारिणा ततः ।।४५५।।
भावयेत्क्षालयेच्चापि पुनर्गन्धोदकेन हि । पुनः संशोष्य संचूर्ण्य घृतगुग्गुलुधूपितम् ।।४५६।।
सुगन्धिपुष्पैः संवास्य तं तैले विनियोजयेत् ।।४५७।।

455-457. Purification of Saralasrāva:

Wash the *sarala srāva* (*navanīta khoṭī*) with *gandhodaka* and dry it. Process it through *bhāvanā* method by triturating the same along with water treated with jaggery. Subsequently, wash it with *gandhodaka* and dry the same. Compound the material in a mortar and treat it with smoke of *ghṛitam* and *guggulu*. Finally make the herb scented by covering it with scented flowers.

गन्धतृणशोधनम्–

संचूर्ण्यादौ गन्धतृणं क्षालयेच्छर्कराऽम्भसा । ततश्चन्दनपङ्केन मर्दनीयं तु युक्तितः ।।४५८।।
गुग्गुलुनाऽऽज्ययुक्तेन धूपयेत्तदनन्तरम् । एवं हि शोधितं गन्धतृणं योगे प्रयोजयेत् ।।४५९।।

458-459. Purification of Gandhātrīṇa (Dhyāmaka):

Compound *gandhātrīṇa* into powder, wash the herbs with water treated with jaggery and subsequently, allow the powder to dry. Triturate the powder along with the wet *kalka* of sandalwood (obtained by rubbing the soft wood along with

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water on a stone slab). After that wash *gandhātriṇa* with water treated by *pañcapallava* leaves. Finally treat the medicine with smoke of *ghṛitam* and *guggulu*.

हरेणुकाशोधनम्–

आदौ हरेणुकां गन्धवारिणा क्षालितां भिषक । मधूदकेन तक्रेण भावयेच्च क्रमेण हि ।।
आतपे तां च संशोष्य कुसुमैरधिवासयेत् ।।४६०।।

460. Purification of Hareṇukā:

Wash *hareṇukā* with water treated by aromatic herbs (*gandhodaka*) and dry it. After that wash the medicine with water treated with honey and process the *bhāvanā* method using buttermilk. Finally make scented by covering it with scented flowers.

कुष्ठशोधनम्–

पक्त्वाकुष्ठंतुपञ्चानांपल्लवानां कषायके । विशोष्य धूपयेत् पश्चान्मूर्वाकुन्दुरुतः सुधीः ।।४६१।।
ततो जातीप्रभृतिभिः कुसुमैरधिवासयेत् । एवं विशुद्धं कुष्ठं हि सर्वत्रैव प्रयोजयेत् ।।४६२।।

461-462. Purification of Kuṣṭha:

It should be steam boiled with the help of the decoction of *pañcapallava*, then fumigated by the smoke of *kunduru* and finally made fragrant by impregnating with the juice of *kumkuma*. Thus, it becomes pure and not otherwise.

चोरपुष्पीशोधनम्–

चोरपुष्पीं भावयित्वा मधुना विधिना भिषक् । आतपे शोषयेत्पश्चाद् गुडसर्जसुधूपिताम् ।।४६३।।
वासयेत्तां सुरभिभिः कुमुमैस्तद्विशुद्धये ।।४६४।।

463-464. Purification of Corapuṣpī :

Triturate the flower *corpuṣpī* along with honey and dry it subsequently under sun. Thereafter, treat it with smoke of raw sugar and *sarja*. The flowers are now ready for medicinal purposes.

कुन्दुरुशोधनम्–

कुन्दुरुं गन्धनीरेण चूर्णितं क्षालयेद्भिषक् । संशोष्य मर्दयेत्तं तु पङ्केन कौङ्कुमेन हि ।।४६५।।
ततो गुडेन सर्जेन धूपयेच्च यथाविधि । अन्ते च वासयेत् पुष्पैः सुगन्धिभिरतः परम् ।।
योजयेत्सर्वतः शुद्धं तैलसौगन्ध्यलिप्सया ।।४६६।।

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Purification of Kunduru:

465-466. Pulverize the herb and wash it with *gandhodaka* and subsequently dry the same. Churn it thoroughly along with pollen of *keśara*. Smoke treat it by smoke of raw jaggery and *sarja*. Finally, place the herb inside a heap of flowers.

सामान्येन गन्धद्रव्याणां शोधनम्–

सर्वाण्येवसुगन्धीनि द्रव्याण्यादाय यत्नतः । गन्धोदकेन प्रक्षाल्यातपे तानि च शोषयेत् ।।४६७।।
ततस्तद्धूर्जनं किंचिद्विदध्याद्विधिवद्भिषक् । गुडोदकेन हि ततस्तत्सेचनमुदीरितम् ।।४६८।।

467-468. Purification of the general aromatic herbs:

We have mentioned the methods to purify aromatic herbs elsewhere. However, generally these herbs should be washed with *gandhodaka* and subsequently dried under the sun. Thereafter, they should be roasted in a frying pan. Finally, they should be treated with *gudoka*.

शोधितद्रव्याणामेकत्र स्थापननिषेधः–

विशोधितं द्रव्यमतीव यत्नतः पृथक् पृथग्वैद्यवरो निदध्याद् ।
यतो मिथो योगवशादवश्यं गुणान्तरं तत्तु दधाति लोके ।।४६९।।

469. The purified herbs should be kept separately. They are not supposed to be put together as they may get contaminated by the properties of other herbs.

श्रेष्ठमृगनाभिलक्षणम्–

या गन्धं केतकीनां वहति परिमलं वर्णतः पिञ्जराभा–
स्वादे तिक्ता कटुर्वा परिलघुतुलना मर्दिता चिक्कणा सा ।
दग्धा नो यातिभास्म्यं मिषिमिषि कुरुते चर्मगन्धा तु चान्ते
सा भद्रा लोभनीया वरमृगतनुजा राजयोग्या प्रदिष्टा ।।४७०।।

470. Characteristics of perfect Kastūrī (Musk):

The piece of *kastūrī* that smells like the jasmine flower, that is yellow in colour or that produces yellow colour mud if rubbed with a piece of stone is a perfect type of *kastūrī*. It is bitter in taste and light in weight. It has a smooth surface. If it is burnt into fire it produces sound like *miṣi-miṣi*. It gets squeezed but does not burn into ashes. It smells like burning of a piece of skin. The musk having all these characteristics is a perfect one and as such it may be used by the nobles.

पीतः किञ्चिल्लघुरतिशयं केतकीतुल्यगन्धः–स्निग्धो दग्धो मिषिमिषिकरो भस्मभावं न याति ।

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ईषत्तिक्तःकटुरपिमनाक्क्षारगन्धानुविद्धः–सम्यक्शुद्धोमत इति महीपालयोग्यो मनोज्ञः ।।४७१।।

471. The piece of *kastūrī* that is yellow in colour or that produces yellow colour mud if rubbed with a piece of stone is a perfect *kastūrī*. It is bitter in taste and light in weight. It has a smooth surface. If it is burnt into fire it produces sound like *miṣi-miṣi*. It gets squeezed but does not burn into ashes. It smells like burning of a piece of skin.The musk having all these characteristics is a perfect one and as such it may be used by the nobles. *It seems to be a copy of the above verse*-Translator.

श्रेष्ठकर्पूरम्–

पक्वात्कर्पूरतः प्राहुरपक्वं गुणवत्तरम् । तत्रापि स्याद् यदक्षुण्णं स्फटिकाभं तदुत्तमम् ।।४७२।।
पक्वञ्च सदलं स्निग्धं हरितद्युति चोत्तरम् । भङ्गे मनागपि न चेन्निपतन्ति ततः कणाः ।।४७३।।
हस्ते निघृष्य कर्पूरं रेखां हस्तस्य लक्षयेत् । यदि सा दृश्यते विद्धि कर्पूरमतिभद्रकम् ।।४७४।।

472-474. Characteristics of a perfect sample of Karpūra (Camphor):

Camphor if burnt, should not leave any ash. When broken, it should not produce small particles. It should be exceedingly unctuous and smooth. In appearance, it should be like *sphaṭika* (crystal stone). This is the best quality of camphor. Camphor should be rubbed over the palm and then the residue should be thrown out. If the lines of the palm are filled with camphor, then it should be considered to be exceedingly good in quality. If camphor is not processed (lit. cooked) it looks like a *sphaṭika* (crystal stone) and it appears like moon. If it is cooked, then it is compact, unctuous and greenish in colour.

श्रेष्ठकुष्ठम्–

मृगशृङ्गाकृति कुष्ठं कीटदोषविवर्जितम् ।।४७५।।

475. *Kuṣṭha* which has a shape like deer-horn in shape and which is free from insects etc, is the best.

श्रेष्ठचन्दनम्–

श्वेतचन्दनमत्यन्तस्निग्धं गुरु सुगन्धि च । भवेद्यच्चन्दनं रक्तपीतसारं तदुत्तमम् ।
यत्पाण्डुरमसारञ्च न भद्रं प्रवदन्ति तत् ।।४७६।।

476. Characteristics of a perfect sample of Candana (Sandalwood):

White sandal-wood which has reddish heart-wood is the best. If the heart-wood is yellow, then it is of a moderate standard. If the heart-wood is yellowish-

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white then it is of inferior type. Recipes containing barks, *granthi* (joints or knots) of different herbs, *niryāsa* (exudates), leaves, flowers and fruits should be treated by *candana* (sandal-wood) for imparting fragrance to the preparation.

उत्तमाधमागुरुलक्षणे–

काकतुण्डाकृतिःस्निग्धोगुरुश्चैवोत्तमोऽगुरुः । असारंपाण्डुरं रूक्षं लघुञ्चाधममादिशेत् ।।४७७।।
नादेयं नाप्युपादेयं तित्तिरिपक्षकागुरु । शाल्मलीकाष्ठसङ्काशं नैव ग्राह्यं कदाचन ।।४७८।।

477-478. Characteristics of a perfect and mediocre varieties of Aguru:

Those *agurus* which look like a beak of a crow, which has a smooth touch and which is little bit heavy should be considered as the best quality. Those *agurus* which have opposite characteristics like being light in weight, yellowish in complexion and rough in touch are considered to be of an inferior quality and as such the same should not be used in medicinal preparations. One should also not use that type of *aguru* wood which has been produced near a river bank, which is reflecting colour of feathers of a partridge (*tittiri*) and that has appearance and weight like pieces of silk cotton (*śālmali*) wood.

कुङ्कुमम्–

पाण्डुरैः केशरैस्त्यक्तं रक्तं कुङ्कुममुत्तमम् । हीनं द्विरागि काश्मीरं खरपाण्डुरकेशरम् ।।४७९।।

479. Characteristics of a perfect sample of Kumkuma:

A perfect kind of *kumkuma* is smooth to touch and unctuous, full of fragrance and reddish-yellow in colour.

खट्टासः–

खट्टासोऽनूपजःश्रेष्ठोवत्तलोमांसलश्चयः । सम्मतो मध्यदेशीयो मध्यमो मरुजोऽधमः ।।४८०।।

480. Characteristics of a perfect sample of Khaṭṭās (Gandhmārjārāṇḍa):

Khaṭṭaśa (testicles of this animal are used in medicine) of marshy land is the best if it is round and fleshy. The one imported from *madhya deśa* (probably *Miśra* or Egypt) is mediocre in quality. *Khaṭṭās* of *jāngala* region (arid zone) which is thin in shape is of inferior quality.

मुरा मांसी रेणुकश्च–

किञ्चित्पीता मुरा शस्ता मांसी पिङ्गजटाकृतिः । रेणुको मुद्गतुल्यो यो भद्रः स सम्मतः सताम् ।।
स्थूलो मरिचसङ्काशो गन्धकर्मणि गर्हितः ।।४८१।।

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481. Characteristics of a perfect sample of Murāmānsī:

Murā which is slightly yellowish is the best in quality. In some places it is golden in colour. It should be washed with *gandhodaka* (fragrant water) and dried in sun by which it becomes pure (suitable of use in medicines).

मुस्तकम्–

आनूपदेशसम्भूतोमुस्तः स्यादतिशोभनः । मिश्रिते मध्यमः प्रोक्तो जाङ्गलस्त्वधमो मतः ।।४८२।।

482. Characteristics of a perfect sample of Mustā:

Mustā collected from marshy land is the best. From mixed type of land, it is of medium quality and if it has been obtained from a *jāngala* (arid) region it is considered of inferior in quality. Such herbs should not be used in medicinal preparations.

जातीफलम्–

जातीफलं सशब्दञ्च स्निग्धं गुरु च शस्यते । लघुकं शब्दहीनं च रूक्षाङ्गमतिनिन्दितम् ।।४८३।।

483. Characteristics of a perfect sample of Jātīphala:

Jātīphala which produces sound when shaken, which is bluish-black in colour and which is unctuous, as well as heavy, is of good quality. If it is light, free from any sound unctuous and if it moves away on slight pressure, it is not suitable for medicinal purposed. Since it is a fruit, it should be purified without frying. At times it is taken after frying with *ghṛitam* with a view to get rid of its intoxicating property.

एला–

एला कक्कोलबीजाभा सा ग्राह्या कोद्रवाकृतिः । या कक्कोलसमाकारा कर्पूररेणुसंयुता ।।
सरला सा त्रुटिः श्रेष्ठा विपरीता तु नेष्यते ।।४८४।।

484. Characteristics of a perfect sample of Elā (Cardamom):

Truti which is like the seeds of *kañkola*, which is like *karpūra* in taste and which is not deprived of its juice, is the best. Otherwise, it should not be used in medicine. *Elā* which is like pigeon in colour is the best. If the fruits are small, and if the seeds are like *kodrava*, then this is of inferior quality and should not be used in medicine. It should be purified without frying.

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प्रियङ्गुः–

याकिञ्चित्पाण्डुराश्यामाकीटदोषविवर्जिता । सा प्रियङ्गुर्मता भद्रा विपरीता तु निन्दिता ।।४८५।।

485. Characteristics of a perfect sample of Priyangu:

Priyangu which is yellowish and greenish black in colour and which is free from insects etc. should be used in medicine. The powder of *priyangu* should be triturated by adding sugar solution. Then it should be fumigated with the smoke of *candana* and *sithaka*. Thereafter, it should be again fumigated with the smoke of *haṭaka* (*nāga keśara*).

नखी–

नखी पञ्चविधा ज्ञेया गन्धार्थं गन्धतत्परैः । काकोदुम्बरपत्राभा तथोत्पलदलायता ।।४८६।।
काचिदश्वखुराकारा गजकर्णसमापरा । वराहकर्णसङ्काशा गन्धकर्मणि गर्हिता ।।४८७।

486-487. Characteristics of a perfect sample of Nakhī:

The herb *Nakhī* is available in five types of categories. 1. One type of the herb has the shape of the leaves of plant *udumbara*. 2. Aother type of the herb has the shape of the leaves of plant *kamala*. 3. The third type of the herb has the shape of the hoofs of a horse. 4. The fourth type of the herb has the shape of the ears of elephant. 5. The fifth type of the herb has the shape of the ears of a pig. This type of the herb is not fit for the medicinal purposes while rest of the other categories of the plant could be used in various formulas.

ग्रन्थिकः–

ग्रन्थिकःपाण्डुरःकिञ्चित्कनिष्ठःसर्वसम्मतः।उत्तमःकृष्णवर्णोयःस्थूलोऽतीवचनिन्दितः ।।४८८।।

488. Characteristics of a perfect sample of Granthika:

488. *Granthika* which is yellowish white (*pāṇḍura*), like the little finger in shape and black in colour is the best. The type of herb that is a bit thicker is not useful. For purification, the dried *granthika* should be triturated along with cow's urine and made fragrant by saturating it with the juice of *kumkuma*.

उशीरम्–

दीर्घमूलं दृढं सूक्ष्ममुत्तमं गन्धसंयुतम् । देशे साधारणे जातं लामज्जं भद्रकं भवेत् ।।४८९।।

489. Characteristics of a perfect sample of Uśīra:

Uśīra which has long and strong roots, which is dry, which has been preserved for a long time, which is not deprived of moisture and which is collected

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from *sādhāraṇa deśa* (land of moderate nature which is neither marshy, nor forested nor sandy) is the best.

नलिका–

मध्ये सारविहीना या सरसा कीटवर्जिता । नलिका सा भवेद्भद्रा विपरीता तु निन्दिता ।।४९०।।

490. Characteristics of a perfect sample of Nalikā:

Nalikā which is free from the pith in the center, which is not deprived of its juice and which is free from insects, should be selected for use in medicine. It should be washed with *guḍodaka* (*guḍa* treated water) and made aromatic by washing with the decoction of flowers. Thus it becomes effective while used in a recipe.

शिलारसः–

निर्मलः कपिलः स्वच्छःसिह्लकोऽतितरांनव । मध्वाभोमलयुक्तश्च वर्जितो गन्धकर्मणि ।।४९१।।

491. Characteristics of a perfect sample of Śilārasa:

The kind of *śilārasa* i.e. having no waste properties in it i.e. yellow in colour and i.e. clean and fresh is best kind of *śilārasa* (*sihlaka*). The *sihlaka* that reflects a red colour like honey and that contains waste properties with it should not be used.

श्रीवासो लाक्षा च–

श्रीवासोभद्रकःप्रोक्तो मलकाष्ठविवर्जितः । लाक्षा च नूतना ग्राह्या मृत्तिकादिविवर्जिता ।।४९२।।

492. Characteristics of a perfect sample of Śṛīvāsa:

The *sarala drava* (*śṛīvāsa*) that is clean, that does not have a dusty component in it, that does not contain waste and that is without wood particle is best one. It should also be free of soil. Such type of the *śṛīvāsa* is best for medicinal purposes.

श्रेष्ठपद्मकत्वक्पत्राणां लक्षणानि–

पद्मकं सरलं भद्रं कीटदोषविवर्जितम् । जलदोषविहीनञ्च त्वक्पत्रञ्च तथैव च ।।४९३।।

493. Best kinds of padmakāṣṭha and tvak (cinnamon bark):

The*padmaka* (*padmakāṣṭha*) that is shapely, without any curves and without having bitten by worms is best. That cinnamon bark is best which has not been treated with water and that has not been kept in a wet place.

बालकम्–

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सूक्ष्ममूलो वरः केशोऽनूतनः सरलस्तथा । नूतनः स्थूलमूलश्च वर्जनीयः प्रयत्नत ।।४९४।।

Best kind of Bālakam (netrabālā):

494. The *bālakam* (*netrabālā*) that contains thin root, that is straight and old one is best. The kind of *bālaka* that is fresh and that contains thick roots are not fit for medicinal use.

कक्कोलम्–

कक्कोलकंशुभंविद्धिवेष्टितंसूक्ष्मया त्वचा । स्निग्धं गुरुकमत्यन्तमन्यथाऽतीवनिन्दितम् ।।४९५।।

495. Best kind of Kakkola:

The *kakkola* that is best is the one which is wrapped by black skins and that is smooth in touch as well as weighty. The type of *kakkola* having opposite properties is not fit for medicinal use.

श्रेष्ठवचालक्षणम्–

अत्युग्राऽपि सरागाऽपिग्रन्थिलावाऽपिसम्मता । अन्तःशुचित्वमात्रेणवचाकर्मणि गर्हिता ।।४९६।।

496. Best variety of Vacā:

That *vacā* is best for medicinal purposes that have strong aroma, that is having red colour and having knots. However, if pieces of *vacā* reflect white colour after breaking it is not fit for medicinal purposes.

द्विमुस्तं चोरपुष्पी च–

द्विमुस्तं नूतनं पुष्टं गन्याढ्यं परमं विदुः । चोरपुष्पीं नवां श्यामामामनन्ति मनीषिणः ।।४९७।।

497. Best variety of mustā as well as corpuṣpī :

The *musta* and *bhadra musta* that is fresh, having strong aroma and consolidated in make is the best one. Likewise, the *corpuṣpī* that is fresh and having black complexion is best for medicinal purposes.

चम्पककलिका नागकेशरं च–

ग्राह्याप्रशोष्यसम्यक्चम्पककलिका प्रदीपकलिकेव ।
कीटादिकेन रहितमभिनवमिह केशरं ग्राह्यम् ।।४९८।।

498. Best variety of campak as well as nāgakeśara:

One should use those *campaka kalikās* (jasmine buds) that is yellowish in complexion like flame of an earthen lamp. It should be dried before being used for

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medicinal purpose. One should not use the *nāgakeśara* herb that is moth bitten and that is not fresh.

मांसी देवदारु च–

ससूक्ष्मकेशरास्निग्धा मांसी पिङ्गजटाकृतिः । सुगन्धि लघु रूक्षञ्च सुरदारु प्रकीर्त्तितम् ।।४९९।।

499. Best variety of mānsī as well as devadāru:

That *mānsī* is best which is smooth in touch, combined with thin pieces of saffron and, having hairs of yellow complexion are fit for medicinal purposes. The *devadāru* that is to be used in medicines should be scented one, light in weight and hard in touch.

अथ रक्तचन्दनम्–

आकृष्णमुत्तमं नूनं रक्तञ्छेदञ्च मध्यमम् । आरक्तमधमं विद्धि रक्तचन्दनकं त्रिधा ।।५००।।

500. Different types of Rakta Candana:

Rakta Candana or the red sandalwood is found in three types: 1. This is a type of red sandalwood, which has become very red and as a result it reflects a blackish colour. This is the best variety among red sandalwood. 2. The sandalwood which is only slightly red is considered to be of mediocre standard. 3. The sandalwood which is only slightly red is considered to be of lowest standard.

हरिद्रा–

हरिद्रा शस्यते स्थूला छेदे या कुङ्कुमच्छविः ।।५०१।।

501. Best types of Haridrā:

The *haridrā* rhizomes which are thick and which demonstrate yellow and reddish complexion when cut is the best variety of it. This type of *haridrā* is best for medicinal purposes.

अधिवासनपुष्पाणि–

केतकीयूथिकाजाती चम्पकं चातिमुक्तकः । कदम्बो मल्लिका नागपुष्पञ्च कुटजस्तथा ।।५०२।।
पाटलावरुणौ सौरी पुष्पैरेभिः समाचरेत् । वासनं कुसुमैरन्यैस्तथाऽन्यैरतिशोभनैः ।।५०३।।

502. Aromatic Flowers:

These flowers include *ketakī*, *yūthikā*, *jātī*, *campaka*, *mādhavīlatā*, *kadamba*, *mallikā*, *nāgakeśara*, *kuṭaja*, *pāṭala*, *varuṇa*, *sūryabhaktā* and the like. The above *gandha dravya* (aromatic herbs) should be treated with these flowers.

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उत्तमसौवर्चलादिनिर्देशः–

सौवर्चलं तु केशाभं सैन्धवं स्फटिकप्रभम् । जवाकुसुमसङ्काशा मनोह्वा चोत्तमा मता ।।
सुवर्णवच्च विज्ञेयं स्वर्णमाक्षिकमुत्तमम् ।।५०४।।

504. Characteristics of best sauvarcala:

That *sauvarcala* salt that is black like hair is good. That rock salt is good which is whitish like alum (*sphaṭik*). That *svarṇamākṣika* is best which has yellowish complexion like gold. Likewise that *manahśilā* is best which is red like flowers of *japa* (*japākusum*).

शिलाजतुलक्षणम्–

श्रेष्ठं शिलाजतु ज्ञेयं यत्तु क्षिप्तं न शीर्यते । तोयपूर्णे यदा पात्रेऽप्रतान्येव विरुध्यते ।।५०५।।

505.Characteristics of Śilājātu:

Take pieces of *śilājātu*and drop them in a pot containing water. If the pieces get spread into the pot one should consider that the type of *śilājātu*is not perfect but if the pieces spread like strings it must be of a perfect variety.

शेषद्रव्याणां वैपरीत्यकथनम्–

भाद्रक्यं कीर्त्तितं येषां विरुद्धत्वं न कीर्त्तितम् । तेषां तद्विपरीतत्वाद्विरुद्धत्वञ्च लक्षयेत् ।।५०६।।

506. The wise physician or person can themselves decide which type of the above herbs and medicinal material are perfect are not so. For this they should take into consideration the characteristics described above in connection with different materials or they should take notice of the properties, which demonstrate opposite qualities.

द्रव्यश्रेष्ठत्वे सामान्यहेतुः–

एतेषामपरेषाञ्च नवता प्रवरो गुणः ।।५०७।।

507. Freshness is a symbol of the best quality of any medicinal material. If fresh materials having all the best qualities in them are available one should use them. If it is not available one can substitute those materials with the ones that are fresh but not having other qualities.

महासुगन्धि-लक्ष्मीविलासतैले–

जिङ्गीचोरकदेवदारुसरलव्याघ्रीवचाचेलकत्वक्पत्रैः सह गन्धपत्रकशटीपथ्याऽक्षधात्रीघनैः ।
एतैःशोधितसंस्कृतैः पलयुगेत्याख्यातया

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संख्ययातैलप्रस्थमवस्थितैः स्थिरमतिः कल्कैः पचेद्गान्धिकैः ।।५०८।।
मांसीमुरा दमनचम्पकसुन्दरीत्वगग्रन्थ्यम्बुरुङ्मरुवकैर्द्विपलैः सपृक्कैः ।
श्रीवासकुन्दुरुनखीनलिकामिसीनांप्रत्येकतः पलमुपार्ज्य पुनः पचेत्तु ।।५०९।।
एलालवङ्गचलचन्दनजातिपूतिकक्कोलकागुरुलताधुसृणैः पलार्द्धैः ।
कस्तूरिकाऽक्षसहितामलदीप्तियुक्तैःपक्त्वा तु मन्दशिखिनैव महासुगन्धम् ।।५१०।।
पञ्चद्विकेन चार्द्धेन मदात् कर्पूरमिष्यते । कर्पूरमदयोरर्धं पत्रकल्कादिहेष्यते ।।५११।।

508-511. Mahāsugandhi Lakṣmī Vilāsa Tail:

First Stage of Preparation:

Obtain 96 gm. measure each of the following and prepare a *kalka* out of them: *manjiṣṭhā*, *corka*, *devadāru* (wood powder), *sarala*, *vyāghrī*, *vacā*, bark of betel flowers (*celak tvak*), cassia leaves, *gandhapatraka* (eucalyptus), *karcūra*, *harītakī*, *vibhītakī*, *āmalakī* and *mustā*. Add this *kalka* to the *mūrcchita* sesame oil measuring 1500 ml. Decoct the oil along with decoction of *pañcapallava* leaves measuring four times of the oil.

Second Stage of Preparation:

Take 96 gm. measure each of the following: *mānsī*, *murāmānsī*, *damanaka* flowers, *campaka* flowers, *priyangu*, cinnamon bark, *granthiparṇa*, *netrabālā*, *kuṣṭha* (*rug*), *maruva* flowers and *ṛikka* (*aśavarga*) and 48 gm. measure of the *śṛīvāsa*, *kundaru*, *nakhī*, *nalikā* and aniseeds. Prepare a *kalka* out of the each of them. This *kalka* should be added to the above medicinal oil. Also obtain water (treated in scented herbs) measuring four times the oil and decoct all of them together properly.

Third Stage of Preparation:

Obtain half *pala* (24 gm.) measure each of the smaller cardamom, clove, *cala* (*śilārasa*), sandalwood, *jātī*, *pūti*, nutmeg, *kañkola*, *agara*, *kastūrikā* and saffron. Also take *kastūrī* measuring 12 gm. and camphor (*amaladīpti*) measuring 6 gm. and 500 mg. (or of 6 gm.). Prepare a *kalka* out of these ingredients. Following that this *kalka* should be mixed with the above oil (obtained at the second stage) as well as water that has been treated with aromatic herbs like *aguru* (four times greater than the amount of oil). Cook this preparation thoroughly and strain it.

Divide 12 gm. of *kastūrī* in five parts. Take camphor measuring two parts of the divided *kastūrī* or half of it (6 gm.). After filtering the medicinal oil, add the combination of camphor and *kastūrī* into it for increasing aroma of the preparation (the *patra kalka* as defined below should be added by combination of camphor and

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kastūrī in amount measuring half to the *kalka*). Therefore, for *patra kalka* one should obtain *kastūrī* in 24 gm. measurement and camphor in 12 gm. measurement, both of them should be compounded into a fine powder. The medicine thus prepared is called *Mahāsugandhi Taila.*

(Cakradatt)

पत्रकल्कस्वरूपम्–

पक्वपूतेऽष्युष्णा एव सम्यक् पेषणवर्त्तितम् । दीयते गन्धवृद्ध्यर्थं पत्रकल्कं तदुच्यते ।।५१२।।

512. Patra kalka (definition):

After medicinal oil is cooked properly it is strained. When it is still hot, scented herbs like saffron and others are added to it for aromatic purposes. This is called *Patra Kalka.*

लक्ष्मीविलासतैलम्–

प्रागुक्तौशुद्धिसंस्कारौगन्धानामिहतैःपुनः । द्विगुणैर्लक्ष्मीविलासः स्यादयं तु तैलसत्तमः ।।५१३।।
पञ्चपत्राम्बुना चाद्यो द्वितीयो गन्धवारिणा । तृतीयोऽपि च तेनैव पाको वा धूपिताम्बुना ।।५१४।।

513-514: Lakṣmī Vilasa Tailam:

This medicine is advanced form of the *Mahāsugandhi Tailam* referred above. In this prescription the aromatic herbs as suggested in preparation of *Mahāsugandhi Taila* are doubled in quantity. Both the above oils should be cooked first along with water treated by *pañcapallava* leaves or by their decoction. Secondly, they should be cooked along with water treated with scented herbs. Finally they should be treated with aromatic herbs like *aguru.*

(Cakradatt)

महासुगन्धिलक्ष्मीविलासतैलयोर्गुणाः–

तैलयुग्ममिदं तूर्णं विकारान् वातसम्भवान् । क्षपयेज्जनयेत् तुष्टिं कान्तिं मेधां धृतिं धियम् ।।५१५।।

515. Mahāsugandhi Lākṣivilasa Tail (Qualities):

Both the above medicinal oils eliminate all kinds of *vāta* diseases. They also develop strength and the appearance of the users and promote their intellect, patience and memory power.

हिमसागरतैलम्–

शतावरीरसप्रस्थे विदार्याः स्वरसे तथा । कूष्माण्डकरसप्रस्थे धात्र्याश्च स्वरसे तथा ।।५१६।।

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शाल्मल्याः स्वरसप्रस्थे तथा गोक्षुरकस्य च । नारिकेलरसप्रस्थे तिलतैलस्य प्रस्थतः ।।५१७।।
कदल्याः स्वरसप्रस्थे क्षीरप्रस्थचतुष्टये । अस्यौषधस्य कल्कस्य प्रत्येकं कर्षसम्मितम् ।।५१८।।
चन्दनं तगरं वाप्यं मञ्जिष्ठा सरलागुरु । मांसी मुरा च शैलेयं यष्टी दारु नखी शिवा ।।५१९।।
पूतिका पीतिकापत्रं कुन्दुरुर्नलिका तथा । वरी लोध्रं तथा मुस्तं त्वगेलापत्रकेशरम् ।।५२०।।
लवङ्गं जातिकोषञ्च तथा मधुरिका शटी । चन्दनं ग्रन्थिपर्णञ्च कर्पूरं लाभतः क्षिपेत् ।।५२१।।
अस्य तैलस्य सिद्धस्य शृणु वीर्यमतः परम् । उच्चैः प्रपततो वायोर्गजतो वाजितस्तथा ।।५२२।।
उष्ट्रतो लोष्ट्रपाताच्च षड्गूनांपीठसर्पिणाम् । एकाङ्गशोषिणाञ्चैव तथा सर्वाङ्गशोषिणाम् ।।५२३।।
क्षतानां क्षीणशुक्राणामत्यन्तक्षयरोगिणाम् । हनुमन्याहतानाञ्च दुर्बलानान्तथैव च ।।५२४।।
शोषिणांलल्लजिह्वानांतथामिन्मिनभाषिणाम् । अत्यन्तदाहयुक्तानांक्षीणानांवातरोगिणाम् ।।५२५।।
एतत्तैलं परं श्रेष्ठं विष्णुना परिकीर्त्तितम् । हिमसागरमाख्यातं सर्ववातविकारनुत् ।।५२६।।
ये वातप्रभवा रोगा ये च पित्तसमुद्भवाः । शिरोमध्यगता ये च शाखामाश्रित्य ये स्थिताः ।।
ते सर्वे प्रशमं यान्ति तैलस्यास्य प्रसादतः ।।५२७।।

516-527. Himasāgara Tailam:

Ingredients: Juice of *śatāvarī kanda*, juice of *vidārīkanda*, juice of *kuṣmāṇḍa*, juice of *āmalakī*, juice of *śālmali's* root, decoction of *gokṣura*, coconut water, *mūrcchita* sesame oil, juice of banana trees' root and, cow milk, red sandalwood, *tagara*, *kuṣṭha*, *manjiṣṭhā*, *saralakāṣṭha*, *jaṭāmānsī*, *murāmānsī*, *śaileya* (*śelaiyaka*), *madhuyaṣṭī*, wood powder of *devadāru*, *nakhī*, *harītakī*, *khaṭṭaśī*, *pītikāpatra* (*pinḍīśāka* and *haridrā* with cassia leaves), *kunduru*, *naluka*, *śatāvarī*, *lodhra*, *mustā*, cinnamon bark, smaller cardamom, cassia leaves, *nāgakeśara*, clove, *jātīkoṣa*, aniseeds, *karcūra*, white sandalwood, *granthiparṇa* and camphor.

Process of Drug-Making: Obtain the following in quantity of 750 ml. each: juice of *śatāvarī kanda*, juice of *vidārīkanda*, juice of *kuṣmāṇḍa*, juice of *āmalakī*, juice of *śālmali's* root, decoction of *gokṣura*, coconut water *mūrcchita* sesame oil and juice of banana trees' root and trunk. Also take 3 litre measure of cow milk.

Prepare *kalka* of the following materials measuring 12 gm. each red sandalwood, *tagara*, *kuṣṭha*, *manjiṣṭhā*, *saralakāṣṭha*, *jaṭāmānsī*, *murāmānsī*, *śaileya* (*śelaiyaka*), *madhuyaṣṭī*, wood powder of *devadāru*, *nakhī*, *harītakī*, *khaṭṭaśī*, *pītikāpatra* (*pinḍīśāka* and *haridrā* with cassia leaves), *kunduru*, *naluka*, *śatāvarī*, *lodhra*, *mustā*, cinnamon bark, smaller cardamom, cassia leaves, *nāgakeśara*, clove, *jātīkoṣa*, aniseeds, *karcūra*, white sandalwood, *granthiparṇa* and camphor.

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Collect all the above-mentioned materials in a copper pitcher and put the same on a stove. Cook the preparation methodologically and obtain the medicinal oil.

Therapeutic benefits: This oil is known as *Himsāgaraa Taila*. This is very beneficial for the persons who have fallen from high altitudes, fallen during riding an elephant, horse or camel, and who has been wounded by pebbles. It also checks diseases like *pangutā*, hunchback, *urahkṣata*, who are *ekāngadoṣī*, *sarvāngadoṣī*, having weak sperms, having serious *kṣaya* (consumption), *hanustambha*, *manyāstambha* and all kinds of *vāta* diseases. The medicinal oil is helpful to those who are lean and thin, who are attacked by consumption, who stammer, who feel burning sensation and similar indispositions. This medicinal oil has been suggested by God Viṣṇu. This medicine named *Himsāgara Tailam* is famous in removing all kinds of *vāta* diseases. The use of this medicine cures one from all *vāta* diseases, *pitta* generated diseases and the diseases effecting the main torso, hands and feet.

सिद्धार्थकतैलम्–

शतावरीस्तु निष्पीड्य रसं प्रस्थद्वयं हरेत् । तिलतैलं पचेत् प्रस्थं क्षीरं दत्त्वा चतुर्गुणम् ।।५२८।।
शतपुष्पा देवदारु मांसी शैलेयकं बला । चन्दनं तगरं कुष्ठमेला चांशुमती तथा ।।५२९।।
रास्ना तुरगगन्धा च समङ्गा शारिवाद्वयम् । पृश्निपर्णी वचा चैव तथा गन्धर्वहस्तकम् ।।५३०।।
सिन्यूद्भवं समं दद्याद्विश्वभेषजमेव च । एभिस्तैलं पचेद्धीमान् दत्त्वाऽऽर्द्रकरसं समम् ।।५३१।।
कुब्जाश्च वामना ये च पङ्गुपादाश्च ये नराः । महावातेन ये रुग्णा अङ्गसंकुचिताश्च ये ।।५३२।।
तेषां हितमिदं तैलं सन्धिवाते च शस्यते । येषां शुष्यति चैकाङ्गं गतिर्येषाञ्च विह्वला ।।५३३।।
क्षीणेन्द्रिया नष्टशुक्रा जरया जर्जरीकृताः । अमेध्यसश्च बधिरास्तेषामपि परं हितम् ।।५३४।।
मासमेकं पिबेद्यस्तु यौवनस्थः पुनर्भवेत् । सिद्धार्थकमिति ख्यातं नरनारीहिताय वै ।।५३५।।

528-535. Siddhārthaka Tailam:

Ingredients: *Śatāvarī kanda* juice, *mūrcchita* sesame oil, cow milk, aniseeds, wood powder of *devadāru*, *jaṭāmānsī*, *śaileyak* (*śailaja*), root of *balā*, red sandalwood, *tagara*, *kuṣṭha*, *śārivā*, *kṛiṣṇa śārivā*, *pṛiśniparṇī*, *vacā*, root of *eraṇḍa*, rock salt, dried ginger and juice of ginger.

Process of Drug-Making: Pulverize *śatāvarī kanda* and obtain 1500 ml. measure of its juice. Take *mūrcchita* sesame oil (750 ml.) and cow milk (four times the quantity of sesame oil i.e. 3 litres). Prepare *kalka* of the following materials (equal parts i.e. 10 gm. each): aniseeds, wood powder of *devadāru*, *jaṭāmānsī*, *śaileyak* (*śailaja*), root of *balā*, red sandalwood, *tagara*, *kuṣṭha*, *śārivā*, *kṛiṣṇa śārivā*, *pṛiśniparṇī*, *vacā*, root of *eraṇḍa*, rock salt and dried ginger.

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Combine all the above materials together along with juice of ginger (750 ml.) and cook them along with water measuring 3 litres. Cook methodologically and obtain oil out of it.

Therapeutic benefits: The oil thus obtained is very useful in checking constipation, vomiting, crippled legs, *mahāvata* and shrinking (loosing muscles) of body due to disordered *doṣa*. It also helps in curing *sandhivata*, *ekangadoṣi*, those who are not walking properly, having weak sense organs, those having weak sperms, shivering due to old age, *durmeda* and having weak hearing capacity. If this oil is consumed for one month along with milk then it can turn even an old into a youth. This oil is known as *Sidhdhārthaka Taila*. It is useful for both male and females.

नकुलतैलम्–

मधुकं जीरकं रास्ना सैन्धवं शतपुष्पिका । यवानी मरिचं कुष्ठं विडङ्गं गजपिप्पली ।।५३६।।
सौवर्चलञ्चाजमोदाबलाषड्ग्रन्थिकातथा । ग्रन्थकं शैलजं मांसी कर्षमेषां पृथक् पृथक् ।।५३७।।
विनीय पाचयेत्तैलं प्रस्थं रुबुकसम्भवम् । प्रस्थे नकुलमांसस्य क्वाथे च दशमूलजे ।।५३८।।
प्रस्थेच काञ्जिकस्यापि मस्तुप्रस्थे तथैव च । सिद्धं तैलमिदं हन्ति कम्पवातं सुदारुणम् ।।५३९।।
हस्तकम्पं शिरःकम्पं बाहुकम्पञ्च नाशयेत् । आमवातं सशूलञ्च सर्वोपद्रवसंयुतम् ।।५४०।।
पानाभ्यञ्जनबस्तीभिर्नाशयेन्नात्र संशयः । आढ्यवातं कटीपृष्ठजानुजङ्घाश्रितं तथा ।।५४१।।
सन्धिस्थं वातमाश्वेव जयेन्नकुलसंज्ञकम् । हारीतभावितमिदं तैलं हितचिकीर्षया ।।५४२।।
वैद्यानां सारभूतानां शतेनापि समुज्झितम् । वातव्याधिं निहन्त्याशु कम्पवातं विशेषतः ।।५४३।।
अशीतिं वातजान् रोगान्नाशयेदाशु देहिनाम् ।।५४४।।

536-544. Nakula Tailam:

Ingredients: *Madhuka*, *jīraka*, *rāsnā*, rock salt, aniseeds, *yavānī*, *marica*, *kuṣṭha*, *viḍanga*, *gajapippalī*, *sauvarcala* salt, *ajamodā*, *balā*, *vacā*, *granthikā*, *śailaja*, *mānsī*, *eraṇḍa* oil, meat of goose (*nakula*), meat soup, water, herbs of *daśamūla* group, *kānji* and water obtained from the upper layer of curd.

Process of Drug-Making: Prepare a *kalka* out of the following materials each measuring 12 gm.: *madhuka*, *jīraka*, *rāsnā*, rock salt, aniseeds, *yavānī*, *marica*, *kuṣṭha*, *viḍanga*, *gajapippalī*, *sauvarcala* salt, *ajamodā*, *balā*, *vacā*, *granthika*, *śailaja* and *mānsī*.

Combine this *kalka* with the following: *eraṇḍa* oil measuring 750 ml., meat of goose (*nakula*) measuring 750 ml. (it should be decocted into water measuring 3 litre till the total amount of the preparation is reduced to 750 ml.), herbs of

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daśamūla group measuring 750 gm. in combination (it should also be decocted into water measuring 3 litre till the total amount of the preparation is reduced to 750 ml.), *kānji* measuring 750 ml. and water obtained from the upper layer of curd measuring 750 ml. Combination of all the above ingredients should be cooked properly.

Method of use/Administration: The oil can be used in massaging as well as in *basti* therapy.

Therapeutic benefits: This medicinal oil eliminates such type of *vāta* diseases as *kampa vāta*, *hastakampa*, *śirakampa*, *bahukampa*, *āmavāta* (*vāta roga*), rheumatic pain (*āma śūla*) and the like. It also eliminates such indispositions as *ādhyavata* and problems of waist, back, knee and thighs caused due to vitiated *vāta*. For the benefit of physicians as well as the patients this medicine has been prescribed by the great physician Haarit. This medicinal oil can be used profitably in curing 80 types of *vāta* diseases which have not been cured by application of best of the medicines.

(Hārīta)

महाकुक्कुटमांसतैलम्–

माषस्यार्द्धढकं देयं दशमूल्यास्तुलाऽर्द्धकम् । बलामूलञ्च तस्यार्द्धं केतकीनां तथैव च ।।५४५।।
दक्षमांसपलं त्रिंशज् झिण्टिकापञ्चविंशतिः । जलद्रोणद्वये पक्त्वा पादशेषेऽवतारिते ।।५४६।।
तिलतैलस्यचप्रस्थंपयो दत्त्वा चतुर्गुणम् । जीवनीयानि यान्यष्टौ मञ्जिष्ठाचव्यकट्फलम् ।।५४७।।
व्योषं रास्ना कणामूलं मधुकं पुष्करं तथा । माषात्मगुप्ते सैरण्डा शताह्वा लवणत्रयम् ।।५४८।।
कृष्णाऽश्वगन्धा ह्यमृता यमानीन्द्रवरी शटी । नागरं मागधी मुस्तं वर्षाभू रजनीद्वयम् ।।५४९।।
शतावरी बृहत्यौ च एतैरक्षसमन्वितैः । पक्षाघातेषु सर्वेषु ह्यर्दिते च हनुग्रहे ।।५५०।।
मन्दश्रुतौ चाश्रवणे तिमिरे च त्रिदोषजे । हस्तकम्पे शिरःकम्पे गात्रकम्पे शिरोग्रहे ।।५५१।।
शस्तं कलायखञ्जे च गृध्रस्यामवबाहुके । बाधिर्ये कर्णनादे च सर्ववातविकारनुत् ।।५५२।।
दण्डापतानकेचैव मन्यास्तम्भे विशेषतः । हनुस्तम्भे प्रशस्तं स्यात्सूतिकाऽऽतङ्कनाशनम् ।।५५३।।
त्वच्यं मांसप्रदं चैव शुक्राग्निबलवर्द्धनम् । अण्डवृद्ध्यन्त्रवृद्धी वा वातरक्तं च नाशयेत् ।।५५४।।

545-554. Mahākukkuṭa Mānsa Tailam:

Ingredients: *Māṣa* (*urada* pulse), *daśamūla* herbs (mixed), root of *balā*, root of *ketakī*, *dakṣa* (*murge*), root of yellow flowered *jhinṭi* plant, water, *mūrcchita* sesame oil, cow milk, *jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *riddhi*, *vṛiddhi*, *manjiṣṭhā*, *cavya*, *katphala*, *ṭrikaṭu*, *rāsnā*, *pippalīmūla*, *madhuyaṣṭī*, *puṣkaramūla*, *urādi*, purified *ātmaguptā* seeds, root of *eraṇḍa*,

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aniseeds, rock salt, sea salt, *sauvarcala* salt, *viḍa lavaṇa*, *pippalī*, *aśvagandhā*, *guḍūcī*, caraway seeds, *indrayava*, *karcūra*, dried ginger, smaller cardamom, *mustā*, *punarnavā*, *haridrā*, *dāru haridrā*, *śatāvarī kanda* and bigger and smaller varieties of *kañṭakārī*.

Process of Drug-Making: Take the following materials: *māṣa* (*urada* pulse) (1500 gm.), *daśamūla* herbs (mixed) (2500 gm.), root of *balā* (1250 gm.), root of *ketakī* (1250 gm.), *dakṣa* (hen) (1500 gm.) and root of yellow flowered *jhinṭi* plant (1250 gm.). Collect all these materials and decoct it along with water measuring 24 litre. Decoct the same until the original quantity is reduced to one fourth. Place the decoction in a pan. Add to it *mūrcchita* sesame oil (750 ml.) and cow milk (6 litres). Following this prepare *kalka* out of the following materials measuring 12 gm. each: *jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *ṛiddhi*, *vṛiddhi*, *manjiṣṭhā*, *cavya*, *kaṭphala*, *ṭrikaṭu*, *rāsnā*, *pippalīmūla*, *madhuyaṣṭī*, *puṣkaramūla*, *urādi*, purified *ātmaguptā* seeds, root of *eraṇḍa*, aniseeds, rock salt, sea salt, *sauvarcala* salt, *viḍa lavaṇa*, *pippalī*, *aśvagandhā*, *guḍūcī*, caraway seeds, *indrayava*, *karcūra*, dried ginger, smaller cardamom, *mustā*, *punarnavā*, *haridrā*, *dāru haridrā*, *śatāvarī kanda* and bigger and smaller varieties of *kañṭakārī*.

Combine all the above compounds together and add to it water measuring four times. Cook the medicinal oil methodologically.

Therapeutic benefits: This medicinal oil is very effective in treating the following diseases: *pakṣaghāta*, *ardita*, *hanustambha*, *alpāśrvaṇa* (loss of hearing capacity), *aśrvaṇa* (absence of hearing capacity), *timira* caused by *ṭridoṣas*, *hastakampa*, *śirahkampa*, *gātrakampa*, *śirograha*, *kalāyakhañja*, *gṛidharasī*, *avabāhuka*, deafness, *karṇanāda*, all kinds of the *vātavikāra*, *danḍāpatānaka*, *manyāstambha*, *hanuvastambha*, *hanugraha*, and all types of indispositions related to delivery. This medicinal oil is very beneficial for the skin. It promotes muscles, semen, digestive power and overall strength of body. It is also capable of eliminating hernia, hydrocele and gout.

(Hārīta)

माषतैलम् (स्वल्पम्) (च. द.)–

तैलं संकुचितेऽभ्यङ्गो माषसैन्धव साधितम् । बाहुशीर्षगते नस्यं पानं चौत्तरभक्तिकम् ।
काथोऽत्र माषनिष्पाद्यः सैन्धवं कल्कमेव च ।।५५५।।

555. Māṣa Tailam (Minor Variety):

Ingredients: *Mūrcchita* oil, rock salt and decoction of *māṣa* (*urad* beans).

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Process of Drug-Making: Cook *mūrcchita* oil with the *kalka* of rock salt and decoction of *māṣa*.

Note: Take the *mūrcchita* sesame oil in measure of 1 litre, *māṣa* pulse in measure of 4 kg., water measuring 16 litre and rock salt measuring 250 gm. for the preparation. The decoction should be prepared by cooking it till the original quantity is reduced to one fourth.

Method of use/ Administration and Therapeutic benefits: The oil should be massaged over the limbs effected by *vāta*. This medicine should be applied for *nasya* therapy in cases of *vāta* deposited in head and in arms. The oil can also be taken as drink after meals.

(Cakradatt)

माषतैलम् प्रथमम् (च. द.)–

माषात्मगुप्ताऽतिविषोरुवूकरास्नाशताह्वालवणैः प्रपिष्टैः ।
चतुर्गुणे माषबलाकषाये तैलं कृतं हन्ति च पक्षवातम् ।।५५६।।

556.Māṣa Tailam (First Recipe):

Ingredients: *Mūrcchita* oil, *māṣa* beans and *balā*, *māṣa*, *ātmaguptā*, *ativiṣā*, *urubuka*, *rāsnā*, *śatāhvā* and *lavaṇa*.

Process of Drug-Making: Obtain *mūrcchita* oil measuring four litres. Also take *māṣa* beans measuring 16 kg. and *balā* also measuring 16 kg. (decoct both of them in water measuring 64 litres and thus reduce the total amount to 16 litres). Also take one litre worth *kalka* of *māṣa*, *ātmaguptā*, *ativiṣā*, *urubuka*, *rāsnā*, *śatāhvā* and *lavaṇa* (all taken in equal parts i.e. 140 gm.). Cook all these ingredients together.

Therapeutic benefits: This preparation cures *pakṣa vāta* (hemiphlegia).

(Cakradatt)

माषतैलं द्वितीयम्–

माषप्रस्थं पचेत्सम्यग् जलाढके । पादशेषे रस तस्मिन् क्षीरं दद्याच्चतुर्गुणम् ।।५५७।।
प्रस्थञ्चतिलतैलस्यकल्कंदत्त्वाऽक्षसम्मितम् । जीवनीयानियान्यष्टौ शतपुष्पां ससैन्धवाम् ।।५५८।।
रास्नाऽऽत्मगुप्तामधुकंवलाव्योषत्रिकण्टकम् । पक्षाघातार्दिते वाते कर्णशूले च दारुणे ।।५५९।।
मन्दश्रुतौ चाश्रवणे तिमिरे च त्रिदोषजे । हस्तकम्पे शिरःकम्पे विश्वाच्यामवबाहुके ।।५६०।।
शस्तं कलायखञ्जे च पानाभ्यञ्जनबस्तिभिः । माषतैलमिदं श्रेष्ठमूर्ध्वजत्रुगदापहम् ।।५६१।।

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557-561. Māṣa Tailam (Second Recipe):

Ingredients: *Māṣa* (*urad* beans), water, *mūrcchita* sesame oil, milk, *jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *ṛiddhi*, *vṛiddhi*, aniseeds, rock salt, *rāsnā*, purified *ātmaguptā* seeds, *madhuyaṣṭī*, *balā* (roots), dried ginger, black pepper, *pippalī*, *gokṣura* and water.

Process of Drug-Making: Obtain *māṣa* measuring 750 gm. and cook it along with water measuring 3 litres till it is reduced to one fourth of its total quantity. Add to it the *mūrcchita* sesame oil measuring 750 ml. and milk measuring 3 litres. Prepare a *kalka* out of the 12 gm. measure each of *jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *ṛiddhi*, *vṛiddhi*, aniseeds, rock salt, *rāsnā*, purified *ātmaguptā* (krauncha seeds), *madhuyaṣṭī*, *balā* (roots), dried ginger, black pepper, *pippalī* and *gokṣura*. Combine this *kalka* and the above decoction. Add to the preparation 3 litre measure of water. Cook the preparation properly.

Method of use/Administration: This medicinal oil can be used in drinking, massaging and in *basti* therapy.

Therapeutic benefits: This medicinal oil eliminates all types of *vāta* diseases including *pakṣaghāta*, *ardita*, *karṇaśūla*, *mandaśravaṇa* (loss of hearing capacity), *śrvanābhāva* (absence of hearing capacity), *timira* caused by *ṭridosaśa*, *hastakampa*, *śirahkampa*, *viśvāci*, *avabāhuka*, *kalāyakhañja* and diseases effecting the *urdhav jatru* region.

(Cakradatt)

माषतैलं तृतीयम् (च. द.)–

माषातसीयवकुरण्टककण्टकारीगोकण्टटुण्टुकजटाकपिकच्छुतोयैः ।
कार्पासकास्थिशणबीजकुलत्थकोलक्वायेन बस्तपिशितस्य रसेन चापि ।।५६२।।
शुण्ठ्या समागधिकया शतपुष्पया च सैरण्डमूलसपुनर्नवया सरण्या ।
रास्नाबलाऽमृतलताकटुकैर्विपक्वंमाषाख्यमेतदवबाहुहरञ्च तैलम् ।।५६३।।
अर्द्धाङ्गशोषमपतानकमाढ्यवातमाक्षेपकं सभुजकम्पशिरःप्रकम्पम् ।
नस्येन बस्तिविधिना परिषेचनेन हन्यात्कटीजघनजानुरुजश्च सर्वाः ।।५६४।।

562-564. Māṣa Tailam (Third Recipe):

Ingredients: *Māsa*, *atasī*, *yava*, *kuraṇṭaka*, *kañṭakārī*, *gokanṭa*, *ṭunṭuka* (root), *kapikachu*, seeds of *kāarpāsa*, seeds of *śana* and *kulattha*, soup of the meat of goat, *mūrcchita* oil, *śunṭhī*, *māgadhī*, *śatapuṣpā*, root of *eraṇḍa*, *punarnavā*, *sāraṇī*, *rāsnā*, *balā*, *amṛitā latā* and *kaṭuka*.

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Process of Drug-Making: Obtain 335 gm. measure each of the *māṣa, atasī, yava, kuraṇṭaka, kañṭakārī, gokanṭa, ṭunṭuka* (root) and purified seeds of *kapikachu*. Decoct all of them in water measuring 16 litres. Decoct the preparation till it is reduced to the one/eighth of the original amount. Also take 335 gm. measure each of the seeds of *karpāsa*, seeds of *śana* and *kulattha* and seed pulp of the *kola* fruits. Decoct all of them in water measuring 16 litre. Decoct the preparation till it is reduced to the one/eighth of the original amount. Likewise, take the meat of mutton measuring 4 kg. and decoct it in water measuring 16 litres.

Apart from it, prepare the *kalka* of the 100 gm. measure each of the *śunṭhī, māgadhī, śatapuṣpā*, root of *eraṇḍa, punarnavā, sāraṇī, rāsnā, balā, amṛitā* and *kaṭuka*. Take this *kalka* and *mūrcchita* sesame oil measuring four times of this *kalka* and the above decoctions and meat soup measuring four times of this oil. All of these ingredients should be boiled together. This preparation is called *Māsa Taila*.

Method of use/Administration: This recipe is administered in the form of *basti*. It can also be used in massaging the afflected part of the body.

Therapeutic benefits: It cures *avabāhuka, ardhānga, śoṣa, apatānaka, ādhyavāta, ākṣepaka, bhujā kampa, sirahkampa* and pain in lumber region, thighs as well as knee joints caused by *vāta*.

(Cakradatt)

माषतैलं सप्तप्रस्थम्–

माषक्वाथे बलाक्वाथे रास्नाया दशमूलजे । यवकोलकुलत्थानां छागमांसभवे पृथक् ।।५६५।।
प्रस्थेतैलस्यचप्रस्थं क्षीरं दत्त्वा चतुर्गुणम् । रास्नाऽऽत्मगुप्तासिन्धूत्थशताह्वारुबुमुस्तकैः ।।५६६।।
जीवनीयबलाव्योषैः पचेदक्षसमैर्भिषक् । हस्तकम्पे शिरःकम्पे बाहुशोषेऽवबाहुके ।।५६७।।
बाधिर्ये कर्णशूले च कर्णनादे च दारुणे । विश्वाच्यामदिते कुब्जे गृध्रस्यामपतानके ।।५६८।।
वस्त्यभ्यञ्जनपानेषु नावने च प्रयोजयेत् । माषतैलमिदं श्रेष्ठमूर्ध्वजत्रुगदापहम् ।।
क्वाथप्रस्थाः षडेवात्र विभक्त्यन्तेन दर्शिताः ।।५६९।।

565-569. Māṣa Tailam (Major Variety):

Ingredients: *Māṣa, balā* (roots), *rāsnā, daśamūla* herbs (combined), combination of *yava, kola* and *kulattha*, soup of the goat meat, *mūrcchita* oil, milk, *rāsnā, ātma gupta*, rock salt, aniseeds, *eraṇḍa, mustā*, drugs belonging to the *Jīvanīya* group, *balā* and *vyoṣa*.

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Process of Drug-Making: Take the following six materials each measuring 750 ml.: 1. *māṣa* 2. *balā* (roots) 3. *rāsnā* 4. *daśamūla* herbs (combine) 5. combination of *yava kola* and *kulattha* and 6. soup of the goat meat. Combine these materials with *mūrcchita* sesame oil also measuring 750 ml. along with 3 litre of milk. Also add to it, *kalka* prepared out of *rāsnā*, *ātma gupta*, rock salt, aniseeds, *eraṇḍa*, *mustā*, drugs belonging to *Jīvanīya* group (*jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *ṛiddhi*, *vṛiddhi*, *madhuyaṣṭī*, *jīvantī*, *mudgaparṇī and māṣaparṇī*) and *balā* and *vyoṣa* (each measuring 12 gm.). Cook the preparation methodologically and obtain the medicated oil.

Method of use/Administration: This medicated oil is administered in the *basti* (enema), massage, drink and inhalation therapies.

Therapeutic benefits: This medicated oil is useful in the treatment of *hastakampa* (trembling of the hands), *sirahkampa* (trembling of the head), *bāhu śoṣa*, *apabāhuka*, deafness, ear ache, *karṇa nāda* (sound in the ears), *viśvāci*, *ardita* (facial paralysis), *kubja* (hunch back), *gṛidharasī* (sciatica) and *apatānaka*. This is called *Māṣa Taila*. This is an excellent recipe for the treatment of diseases of the head and neck. Therefore, it is also called *Bṛihan Māsa Taila*.

(Cakradatt)

महामाषतैलम्–

माषस्यार्द्धाढकंदत्त्वातुलाऽर्द्धंदशमूलतः । पलानिच्छागमांसस्यत्रिंशद्द्रोणेऽम्भसः पचेत् ।।५७०।।
पूतशीते कषाये च चतुर्थांशावशेषिते । प्रस्थञ्च तिलतैलस्य पयो दत्त्वा चतुर्गुणम् ।।५७१।।
आत्मगुप्तोरुबूकश्च शताह्वा लवणत्रयम् । जीवनीयानि मञ्जिष्ठा चव्यचित्रककट्फलम् ।।५७२।।
सव्योषं पिप्पलीमूलं रास्नामधुकसैन्धवम् । देवदार्वमृताकुष्ठं वाजिगन्धा वचा शटी ।।५७३।।
एतैरक्षसमैर्भागैः साधयेऽन्मृदुनाऽग्निना । पक्षाघातेऽर्दिते वाते बाधिर्ये हनुसंग्रहे ।।५७४।।
कर्णनादे शिरःशूले तिमिरे च त्रिदोषजे । पाणिपादशिरोग्रीवाभ्रमणे मन्दचङ्क्रमे ।।५७५।।
कलायखञ्जे पाङ्गुल्ये गृध्रस्यामवबाहुके । पाने बस्तौ तथाऽभ्यङ्गे नस्यकर्णाक्षिपूरणे ।।५७६।।
तैलमेतत्प्रशंसन्ति सर्ववातरुजापहम् ।।५७७।।

570-577. Mahāmāṣa Tailam:

Ingredients: *Māṣa* (*urada*) pulse, *daśamūla*, mutton, water, *mūrcchita* sesame oil, milk, purified *ātmaguptā* (*kraunc*) seeds, *eraṇḍa* (roots), aniseeds, rock salt, *sauncar* salt, *vida* salt, herbs of *jīvanīya* group (*jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *ṛiddhi*, *vṛiddhi*, *madhuyaṣṭī*, *jīvantī*, *mudgaparṇī*

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and māṣaparṇī), devadāru (wood dust), *guḍūcī, kuṣṭha, aśvagandhā, vacā* and *karcūra.*

Process of Drug-Making: Get the *māṣa* (*urada*) pulse measuring 1500 gm., *daśamūla* herbs (in combination) measuring 2500 gm., mutton measuring 2900 gm. and water measuring 12 litre. Decoct the same until the original quantity is reduced to one fourth. Also obtain *mūrcchita* sesame oil measuring 750 ml. and milk measuring 3 litre. Prepare a *kalka* out of the following each taken in measurement of 12 gm.: purified *ātmaguptā* (*kraunc*) seeds, *eraṇḍa* (roots), aniseeds, rock salt, *sauncar* salt, *viḍa* salt and each of the herbs of *jīvanīya* group (*jīvaka, ṛiṣabhaka, medā, mahāmedā, kākolī, kṣīrakākolī, ṛiddhi, vṛiddhi, madhuyaṣṭī, jīvantī, mudgaparṇī and māṣaparṇī*) separately, *devadāru* (wood dust), *guḍūcī, kuṣṭha, aśvagandhā, vacā* and *karcūra.* Combine all the above liquids and this *kalka* and cook the preparation on a slow heat.

Method of use/Administration: The medicinal oil thus obtained can be used in drinking along with warm milk, in *basti* therapy, massaging, nasal (*nasya*) therapy and in treating the ears and eyes.

Therapeutic benefits: Taken in the prescribed manner it can eliminate the following *vāta* diseases: *pakṣaghāta, hanuvastambha, ardita, bādhirya, avabāhuka, pāngulya, hastakampa, pādakampa, śirakampana, grīvākampana, timira* (generated by disordered *doṣa*), *śirahśūla, manyāśūla, gṛidharasī, karṇaśūla, kalāyakhañja* and the like.

(Cakradatt)

महामाषतैलं निरामिषम्–

दशमूलाढकं पक्त्वा जलद्रोणेऽङ्घ्रिशेषिते । तद्वन्माषाढकक्वाथे तैलप्रस्थं पयः समम् ।।५७८।।
कल्कैरेतैश्चमतिमान्साधयेन्मृदुनाऽग्निना । अश्वगन्धांशटीं दारु बलां रास्नां प्रसारणीम् ।।५७९।।
कुष्ठं परूषकं भार्गी द्वे विदार्यौ पुनर्नवाम् । मातुलुङ्गफलाजाज्यौ रामठं शतपुष्पिकाम् ।।५८०।।
शतावरीं गोक्षुरकं पिप्पलीमूलचित्रकौ । जीवनीयगणं सर्वं संहृत्यैव ससैन्धवम् ।।५८१।।
तत्साधुसिद्धं विज्ञाय माषतैलमिदं महत् । बस्त्यभ्यञ्जनपानेषु नावनेषु प्रशस्यते ।।५८२।।
पक्षाघाते हनुस्तम्भे अर्दिते सापतन्त्रके । अववाहुकविश्वाच्योः खञ्जपाङ्गुल्ययोरपि ।।५८३।।
शिरोमन्याग्रहे चैव अधिमन्थे च वातिके । शुक्रक्षये कर्णनादे कर्णक्ष्वेडे च दारुणे ।।
कलायखञ्जशमने भैषज्यमिदमादिशेत् ।।५८४।।

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578-584. Mahāmāṣa Taila (Vegetarian Variety):

Ingredients: Powdered *daśamūla* herbs, water, *urada* (*māṣa*), *mūrcchita* sesame oil, cow milk, *aśvagandhā*, *karcūra*, *devadāru* (wood dust), *balā* (roots), *rāsnā*, *prasāraṇī*, *kuṣṭha*, *paruṣaka*, *bhārgī*, *vidārīkanda*, *kṣīravidārī*, *punarnavā*, seed pulp of *mātulunga* (*jambīra* lemon), white cumin seeds, asafoetida, aniseeds, *śatāvarī*, *gokṣura*, *pippalīmūla*, *citraka* (roots), herbs of the *jīvanīya* group (*jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *ṛiddhi*, *vṛiddhi*, *madhuyaṣṭī*, *jīvantī*, *mudgaparṇī* and *māṣaparṇī*).

Process of Drug-Making: Get coarsely powdered *daśamūla* herbs measuring 3 kg. and decoct them in 13 litre measure of water till the original quantity is reduced to one fourth. Cook decoction of *urada* (*māṣa*) likewise. Obtain *mūrcchita* sesame oil measuring 750 ml. and equal amount of cow milk and add to them the above decoctions. Following that, obtain 198 gm. measure *kalka* of the following herbs taken in equal parts (i.e. 6 gm. each): *aśvagandhā*, *karcūra*, *devadāru* (wood dust), *balā* (roots), *rāsnā*, *prasāraṇī*, *kuṣṭha*, *paruṣaka*, *bhārgī*, *vidārīkanda*, *kṣīravidārī*, *punarnavā*, seed pulp of *mātulunga* (*jambīra* lemon), white cumin seeds, asafoetida, aniseeds, *śatāvarī*, *gokṣura*, *pippalīmūla*, *citraka* (roots) and herbs of the *jīvanīya* group (*jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *ṛiddhi*, *vṛiddhi*, *madhuyaṣṭī*, *jīvantī*, *mudgaparṇī* and *māṣaparṇī*). Combine the *kalka* together with the above liquids. Cook all the ingredients together and thoroughly. This is called *Niramiṣa Mahāmāṣa Taila*.

Method of use/Administration: It should be used in *basti* therapy, massaging, drinking and in nasal (*nasya*) therapy.

Therapeutic benefits: This medicinal oil is effective in such types of *vāta* diseases as *pakṣaghāta*, *hanuvastambha*, *ardita*, *apatañtraka*, *avabāhuka*, *viśvāci*, *khañja*, *pāngulya*, *śirograha*, *manyāgraha*, *adhimanta*, *śukrakṣaya*, *karṇanāda*, *karṇakṣveda* and *kalāyakhanja*.

माषबलादितैलम्–

माषक्वाथेबलाक्वाथेरास्नायादशमूलजे । प्रसारण्याः शताह्वायाः प्रस्थं दद्याद्भिषग्वरः ।।५८५।।
तत्क्वाथस्तैलसमो दधि क्षीरं समं समम् । लाक्षारसं काञ्जिकं च तिलतैलं प्रदापयेत् ।।५८६।।
शतावरीविदार्योश्च रसं तैलार्द्धमेव च । शताह्वा मधुरी मेथी रास्ना वारणपिप्पली ।।५८७।।
मुस्तकं चाश्वगन्धा च उशीरं मधुयष्टिका । शालपर्णी पृश्निपर्णी बला च बहुपुत्रिका ।।५८८।।
पलद्वयं गृहीत्वा च तैलपात्रे प्रदापयेत् । वातरोगं निहन्त्याशु मन्यास्तम्भं नियच्छति ।।५८९।।

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हनुस्तम्भविकारं च जिह्वादन्तगलग्रहान् । प्रमेहान् विंशतिं हन्ति गात्रकम्पादिकं जयेत् ।।५९०।।
एतान् हरति रोगांश्च तैलं माषबलादिकम् ।।५९१।।

585-591. Māṣabalādi Tailam:

Ingredients: *Mūrcchita* sesame oil, *urada* (*māṣa*), *balā*, *rāsnā*, *daśamūla* herbs, *prasāraṇī*, aniseeds, *lākṣā*, water, *kānji*, *śatāvarī* juice, juice of *vidārī*, curd, cow milk, aniseeds, *methī* (fenugreek), *rāsnā*, *gajapippalī*, *mustaka*, *aśvagandhā*, *uśīra*, *madhuyaṣṭī*, *śālaparṇī*, *kṛiṣṇaparṇī*, *balā* and *bahuputṛikā* (*āmalakī* or *śatāvarī*).

Process of Drug-Making: Obtain *mūrcchita* sesame oil measuring 4.50 litre. Decoct 750 ml. each of the *urada* (*māṣa*), *balā*, *rāsnā*, *daśamūla* herbs (all taken in equal parts), *prasāraṇī*, aniseeds and *lākṣā*. Prepare the decoction putting the herbs in water measuring 3 litres and decoct the preparation till the original quantity is reduced to one fourth. Also take *kānji* measuring 750 ml., *śatāvarī* juice measuring 375 ml., juice of *vidārī* also measuring 375 ml., curd and cow milk each measuring 750 ml. Prepare a *kalka* of the following herbs each measuring 93 gm. each: aniseeds, *methī* (fenugreek), *rāsnā*, *gajapippalī*, *mustaka*, *aśvagandhā*, *uśīra*, *madhuyaṣṭī*, *śālaparṇī*, *kṛiṣṇaparṇī*, *balā* and *bahuputṛikā* (*āmalakī* or *śatāvarī*). Cook all the above ingredients together properly and strain the liquid into bottles.

Therapeutic benefits: This medicine is named as *Māṣabalādi Tailam* is very effective in treating *vāta rogas* including *manyāstambha*, *hanustambha*, *jihvāstambha* and *danta stambha*. The medicine is also helpful in diseases like *galagraha*, 20 types of *prameha* (i.e. urinary disorders including diabetes) and *gātrakampa* (tremouring in different parts of body).

शतावरीतैलम् (यो. र.)–

रुग्दारुद्रविडिप्रियङ्गुतगरं त्वक्पत्रकौन्तीनखैर्मांसीसर्जरसाम्बुचन्दनवचाशैलेयलामज्जकैः ।
मञ्जिष्ठासरलागुरुद्विपबलारास्नाऽश्वगन्धावरी
वर्षाभूमिसिसैन्धवैश्शकलकैरेभिःपचेत्कल्कितै।।५९२।।
तुल्यं गोपयसा वरी रससमं तैलं विपक्वं
मृदुस्याद्वातघ्नमिदं नृणामिति वरीतैलं भिषक् पूजितम् ।।५९३।।

592-593. Śatāvarī Tailam:

Ingredients: *Kuṣṭha* (*ruk*), *devadāru* (wood dust), smaller cardamom, *priyangu*, *tagara*, cinnamon bark, cassia leaves, *reṇukā*, *vyāghranakha*, *mānsī*,

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sarja rasa, *netrabālā*, red sandalwood, *vacā*, *śaileya*, *uśīra*, *manjiṣṭhā*, *sarala*, *agara*, *nāgabalā* (roots), *rāsnā*, *aśvagandhā*, *śatāvarī*, *punarnavā*, aniseeds, rock salt, *mūrcchita* sesame oil, cow milk, juice of *śatāvarī* and water.

Process of Drug-Making: Obtain 40 gm. measure each of the following: *kuṣṭha* (*ruk*), *devadāru* (wood dust), smaller cardamom, *priyangu*, *tagara*, cinnamon bark, cassia leaves, *reṇukā*, *vyāghranakha*, *mānsī*, *sarja rasa*, *netrabālā*, red sandalwood, *vacā*, *śaileya*, *uśīra*, *manjiṣṭhā*, *sarala*, *agara*, *nāgabalā* (roots), *rāsnā*, *aśvagandhā*, *śatāvarī*, *punarnavā*, aniseeds and rock salt. Prepare a *kalka* out of them. Obtain *mūrcchita* sesame oil measuring four times of the above *kalka* (=4 litres) and equal amount of cow milk as well as the juice of *śatāvarī*. Also get water measuring four times of the sesame oil. Properly cook all the ingredients together.

Therapeutic benefits: This is *Śatāvarī Taila* greatly respected by all the physicians. It is effective in checking all types of *vāta* diseases.

(*Yoga Ratnākar*)

विषगर्भतैलं लघु (यो. र.)–

धत्तूरस्य रसस्य पञ्चकुडवं तैलं तथा काञ्जिकंप्रस्थानां च चतुष्टयं गदवचा त्रिंशत्परं शाणकाः ।
हृद्धात्रीमरिचात्पृथड्नवविषात
्षट्स्वर्णबीजात्पटोःस्युःसप्ताधिकविंशतिःपरिमितंतीव्रानिलध्वंसनम् ।।५९४।।
पक्षाघातं हनुस्तम्भं मन्यास्तम्भं कटीग्रहम् । पृष्ठत्रिकशिरःकम्पं सर्वाङ्गग्रहणं तथा ।।५९५।।

594-595. Viṣagarbha Tailam (Minor Recipe):

Ingredients: Juice of *dhatūra* leaves or decoction of the *pañcānga* of *dhatūra*, *mūrcchita* sesame oil, *kānji*, *kuṣṭha* (*gada*), *vacā*, *hṛidhātrī*, black pepper, *viṣa*, purified *dhatturā* seeds and rock salt.

Process of Drug-Making: Get juice of *dhatūra* leaves or decoction of the *pañcānga* of *dhatūra* measuring 1 litre, take *mūrcchita* sesame oil measuring 1 litre and 3 litre of *kānji*. Also take *kuṣṭha* (*gada*) measuring 90 gm., *vacā* (90 gm.), *hṛidhātrī* (27 gm.), black pepper (27 gm.), *viṣa* (18 gm.), purified *dhaturā* seeds (18 gm.) and rock salt (18 gm.) and prepare a *kalka* out of them. Mix this *kalka* and the above liquids together and cook them properly.

Therapeutic benefits: This medicinal oil is every effective in eliminating severe types of *vāta* diseases, paralysis, locked jaw, waist pain, tremors in back, temple and head and stiffness in the body all over.

(*Yoga Ratnākar*)

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महाविषगर्भतैलम् महत् (यो. र.)–

कनकस्य च निर्गुण्डी तुम्बिनी च पुनर्नवा । वातारिश्चाश्वगन्धा च प्रपुन्नाटं सचित्रकम् ।।५९६।।
शोभाञ्जनं काकमाची कलिकारी च निम्बकम् । महानिम्बेश्वरी चैव दशमूलं शतावरी ।।५९७।।
कारवेल्ली सारिवा च श्रावणी च विदारिका । वज्राकौं मेषशृङ्गी च करवीरद्वयं वचा ।।५९८।।
कालजङ्घात्वपामार्गोबलाचातिबलाद्वयम् । व्याघ्री महाबला वासा सोमवल्ली प्रसारणी ।।५९९।।
पलोन्मितानिचैतानिद्रोणेऽम्भसिविनिक्षिपेत् । पचेत्पादावशेषेऽस्मिन्कल्कस्यकुडवंक्षिपेत्।।६००।।
त्रिकटु विषतिन्दुञ्च रास्नां कुष्ठं विषं घनम् । देवदारु वत्सनाभं द्वौ क्षारौ लवणानि च ।।६०१।।
तुत्थकंकटफलंपाठां भार्ङ्गीं च नवसागरम् । त्रायन्तीं धन्वयासञ्च जीरकञ्चेन्द्रवारुणीम् ।।६०२।।
तैलप्रस्थं समादाय पाचयेन्मृदुनाऽग्निना । विषगर्भमिदं नाम्ना सर्वान् वातान् व्यपोहति ।।६०३।।
वक्षोरुकटिजङ्घानां संधानं श्रेष्ठमेव च । गृध्रसीञ्च महावातान् सर्वाङ्गग्रहणं तथा ।।६०४।।
दण्डापतानकं चैव कर्णनादञ्च शून्यताम् । वनमध्ये यथा सिंहात्पलायन्ते महामृगाः ।।६०५।।
तथाऽश्वगजभग्नानां नराणाञ्च चतुष्पदाम् । नाशयेन्नात्र संदेहो विषगर्भं हि लेपनात् ।।६०६।।

596-606. Mahāviṣa Garbha Tailam (Major Recipe):

Ingredients: *Dhatūra* (roots), *nirgundī* (roots), *kaṭutumbi* (roots), *punarnavā*, *vātāri* (*eraṇḍa*) (roots), *aśvagandhā*, *parpunnāṭa*, *citraka* (roots), *śobhāñjana*(bark), *kākamācī*, *kalikāri* (root), *nimba* (bark), *mahānimba* (bark), *iṣvari* (*rudrajāta* or *śivalingī*), *daśamūla*, *śatāvarī*, *kāravellī*, *anantamūla*, *śrāvaṇī*, *vidārīka*, *snuhī* (roots), *arka* (roots), *meṣaśṛingī*, roots of white and red varieties of plant *karavīra*, *vacā*, *kākajhanghā*, *apāmārga*, *balā*, *atibalā*, *vyāghrī* (roots), *mahābalā* (*nāgabalā*) (roots), *vāsa* (roots), *somavallī*, *prasāraṇī*, water, dried ginger, *marica*, *pippalī*, *rāsnā*, *kuṣṭha*, *viṣatindu* (*viṣamuṣṭi*), *viṣa*, *mustā* (*ghanam*), *devadāru* (wood powder), *vatsanābha*, *yavakṣāra*, *svarjikṣāra*, all the five types of salts, *tutthaka*, *kaṭphala*, *pāṭhā*, *bhārgī*, *navasāgara*, *trāyamāṇā*, *dhanvyasa*, *jīraka* (cumin seeds), *indrayava* (roots) and *mūrcchita* sesame oil.

Process of Drug-Making: Take the following herbs in measurement of 46 gm. each: *dhatūra* (roots), *nirgundī* (roots), *kaṭutumbi* (roots), *punarnavā*, *vātari* (*eraṇḍa*) (roots), *aśvagandhā*, *parpunnatam*, *citraka* (roots), *śobhāñjana*(bark), *kākamācī*, *kalikari* (root), *nimba* (bark), *mahānimba* (bark), *iṣwari* (*rudrajāta* or *śivalingi*), *daśamūla*, *śatāvarī*, *karavali*, *anantamūla*, *śrāvani*, *vidārīka*, *snuhī* (roots), *arka* (roots), *meṣaśṛingī*, roots of white and red varieties of plant *karavīra*, *vacā*, *kākajhangha*, *apāmārga*, *balā*, *atibalā*, *vyāghrī* (roots), *mahābalā* (*nāgabalā*) (roots), *vāsa* (roots), *somavallī* and *prasāraṇī*. Mix them together and decoct them in water measuring 12 litre till the preparation reduces to one quarter of its original quantity.

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Raise following materials in equal parts (i.e. 7 gm. each): dried ginger, *marica*, *pippalī*, *rāsnā*, *kuṣṭha*, *viṣatindu* (*viṣamuṣṭi*), *viṣa*, *mustā* (*ghanam*), *devadāru* (wood powder), *vatsanābha*, *yavakṣāra* and *svarjikṣāra*, all the five types of salts, *tutthaka*, *katphala*, *pāṭhā*, *bhārgī*, *navasāgara*, *trāyamāṇā*, *dhanvyasa*, *jīraka* (cumin seeds) and *indrayava* (roots). Prepare a *kalka* out of the above materials measuring 202 gm.

Combine both the *kalka* and the decoction mentioned above. Obtain *mūrcchita* sesame oil measuring 750 ml. and add it to the preparation. Properly boil the preparation.

Method of use/Administration: The medicinal oil is used in massage.

Therapeutic benefits: This is medicated oil named *Mahāviśgarba*. It cures one from all types of *vāta* diseases and impaired chest, thigh, waist and stomach. This oil is also helpful in checking sciatica, *mahāvāta*, complete paralysis, *karṇanāda*, *dnḍapatānak* and *śūnyatā* (loss of touching sensation). Massaging of this medicated oil eliminates the diseases as effectively as deers and other animals are eliminated by sight of the lion. The medicine is useful for crippled man or animals like horse and elephant.

(*Yoga Ratnākar*)

बलारिष्टः–

बलाऽश्वगन्धयोर्ग्राह्यं पृथक् पलशतं शुभम् । चतुर्द्रोणे जले पक्त्वा द्रोणमेवावशेषयेत् ।।६०७।।
शीतेतस्मिन्रसेपूते क्षिपेद् गुडतुलात्रयम् । धातकीं षोडशपलां पयस्यां द्विपलांशिकाम् ।।६०८।।
पञ्चाङ्गुलपलद्वन्दं रास्नामेलां प्रसारणीम् । देवपुष्पीमुशीरञ्च श्वदंष्ट्राञ्च पलांशिकाम् ।।६०९।।
मासंभाण्डेस्थितस्त्वेषबलारिष्टोमहाफलः । हन्त्युग्रान्वातजान्रोगान्बलपुष्ट्यग्निवर्द्धनः ।।६१०।।

607-610. Balāriṣṭa:

Ingredients: *Pañcānga* of *balā* plant, *aśvagandhā*, water, old jaggery, powder of *dhātakī* flowers, powders of *kṣīrakākolī*, roots of *eraṇḍa*, powder of *rāsnā*, smaller cardamom, *gandhaprasāraṇī* (roots), *devapuṣpī* (cloves), *uśīra* and *gokṣura*.

Process of Drug-Making: Obtain the *pañcānga* of *balā* plant and *aśvagandhā* both measuring 5 kg. each and decoct them in water measuring 50 litre. Boil the decoction till it is reduced to one fourth and subsequently strain it. When it gets cool, add to it, 15 kg. of old jaggery and 750 gm. powder of *dhātakī* flowers and 93 gm. powder each of *kṣīrakākolī* and roots of *eraṇḍa*, 46 gm.

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measure each of the powders of *rāsnā*, smaller cardamom, *gandhaprasāraṇī* (roots), *devapuṣpī* (cloves), *uśīra* and *gokṣura*. Keep the preparation in an earthen pot that has been smoke-treated and coated with *ghṛitam* from inside. Close the pot tightly using a piece of cloth that is wet in mud. Place the pitcher in a lonely place for one month. Following that strain the decoction into bottles.

Method of use/Administration: This medicineis called *Balāriṣṭa*. It should be taken in doses of 24 gm. along with water in equal quantity after meals.

Therapeutic benefits: It is very effective in eliminating severe types of *vāta* diseases. This is a great nutrient and appetizer.

वातव्याधौ पथ्यानि–

अभ्यङ्गो मर्दनं बस्तिः स्नेहः स्वेदोऽवगाहनम् । संवाहनं संशमनं प्रावृतिर्वातवर्जनम् ।।६११।।
अग्निकर्मोपनाहश्च भूशय्या स्नानमासनम् । तैलद्रोणी शिरोबस्तिः शयनं नस्यमातपः ।।६१२।।
संतर्पणंबृंहणंच किलाटो दधिकूर्चिका । सर्पिस्तैलं वसा मज्जा स्वाद्वम्ललवणा रसाः ।।६१३।।
नवीनास्तिल-गोधूमामाषाःसंवत्सरोत्थिताः । शालयःषष्टिकाश्चापिकुलत्थानांरसः सुरा ।।६१४।।
ग्राम्यगोऽश्वतरोष्ट्राश्वरासभच्छागलादयः । आनूपाः कोलमहिषन्यङ्कुखड्गिगजादयः ।।६१५।।
औदका हंसकादम्बचक्रमद्गुरकादयः । बिलेशया भेकगोधानकुलश्वाविदादयः ।।६१६।।
चटकःकुक्कुटोबर्हीतित्तिरिश्चेतिजाङ्गलाः । शिलीन्ध्रःपर्वदोनक्रोगर्गरः कवयील्लिशः ।।६१७।।
एरङ्गश्चुल्लकीकूर्मःशिशुमारस्तिमिङ्गिलः । रोहितोमद्गुरुशृङ्गीवर्मी च कुलिशो झषाः ।।६१८।।
पटोलं शिशुवार्त्ताकुलशुनं दाडिमद्वयम् । पक्वतालं रसालं च नलदाम्बु परूषकम् ।।६१९।।
जम्बीरं बदरं द्राक्षा नागरङ्गं मधूकजम् । प्रसारणी गोक्षुरकः शुक्लाङ्गी पारिभद्रकः ।।६२०।।
पयांसिचपयःपेटीरुबुतैलंगवांजलम् । मत्स्यण्डिकाच ताम्बूलं धान्याम्लं तिन्तिडीफलम् ।।६२१।।
स्निग्धोष्णानिचभोज्यानिस्निग्धोष्णं चानुलेपनम् । विशेषाद्गमनं कार्यमामाशयमुपागते ।।६२२।।
पक्वाशयस्थे मांसस्थे तथा स्निग्धविरेचनम् । प्रत्याध्मानाध्मानसंज्ञे वर्त्तिर्लङ्घनदीपनम् ।।६२३।।
अष्ठीलिकाख्येगुल्मविधिःशुक्रस्यक्षयजित्क्रिया।
त्वङ्मांसासृक्सिराप्राप्तेहितंशोणितमोक्षणम् ।।६२४।।
यथाश्रयं यथावस्थं यथावरणमेव हि । वातव्याधौ समुत्पन्ने पथ्यमेतन्नृणां भवेत् ।।६२५।।

611-625. Diets and regimens for a patient suffering from *vātika* diseases, in brief, are as follows: 1. Oleation (*sneha*), fomentation (*sveda*), massage (*abhyanga*), enema (*basti*), unctuous purgative (*sneha virecana*), keeping oil over the head through a cap like container made of leather (*śirobasti*), oil massage over head (*sirah sneha*), unctuous type of smoking (*snaihikā dhūma*), lukewarm and unctuous gargle (*gaṇḍuṣa*) and unctuous inhalation (*snaihikā nasya*) therapies; 2. Meat soup, different types of milk, meat and fat, diet prepared by adding fat, sour fruits, and unctuous as well as saline food; 3. *Kumkuma*, *aguru*, *patra*, *kuṣṭha*, *elā*

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and *tagara*; 4. Heavy apparel made of milk, wool, leather and cotton; and 5. Taking bath in sun, residence in underground cellar, sleeping in soft bed, exposure to the heat of the fire and abstinence from sex.

वातव्याधावपथ्यानि–

चिन्ताप्रजागरणवेगविधारणानिछर्दिः श्रमोऽनशनता चणकाः कलायाः ।
नीवारकङ्गुशरवैणवकोरदूषश्यामाकचूर्णकुरुबिन्दमुखानि यानि ।।६२६।।
धान्यानि तानि तृणजानि च राजमाषा–मुद्गास्तडागसरिदम्बुयवाः करीरम् ।
जम्बूः कशेरुतृणकं क्रमुकं मृणालंनिष्पावबीजमपि तालफलास्थिमज्जा ।।६२७।।
शालूकतिन्दुककठिल्लकबालतालंशिम्बी च पत्रभवशाकमुदुम्बरं च ।
शीताम्बु रासभपयोऽपि विरुद्धमन्नंक्षारोऽपि शुष्कपललं क्षतजस्तुतिश्च ।।६२८।।
क्षौद्रं कषायकटुतिक्तरसा व्यवायोहस्त्यश्वयानमपि चङ्क्रमणं च खट्वा ।
आध्मानिनोऽर्हितवतोऽपि पुनर्विशेषात्स्नानं प्रदुष्टसलिलं द्विजघर्षणं च ।।६२९।।
निःशेषतन्त्रपरिकीर्तित एष वर्गोनृणां समीरणगदेषु मुदं न धत्ते ।।६३०।।

626-630. Unwholesome diet and meals for the patient of *vāta* diseases: gram, peas, *nivāra*, *veṇu*, *kuruvind* and the like varieties of paddy, flour obtained from *kodarva* and *śyāmā* grains, grains that are produced by grass, *rājamāṣa*, *mudga*, water obtained from ponds and rivers, contaminated water, barley, *jambū*, *kaṣeru*, *tṛiṇakam*, betel nuts, *mṛiṇāla*, seeds of white beans, seed pulp of palm fruits, *śālūka*, *tenduka*, *kāravellaka*, unripe palm fruits, *śimbī*, leafy vegetables, *udumbara*, cold water, milk of she-ass, incompatible meals, citrus liquids, dried meat, honey, citrus, sour and bitter eatables and the like.

Harmful measures and activities for the patient of *vāta* diseases: worrying, remaing waked upto late night, holding the calls of nature, vomiting, excess labour, *langhaṇa* (fasting), blood letting, intercourse with females, riding elephants and horse, walking a lot, lying idle for hours, bathing (particularly for the patient of paralysis), rubbing the teeth and the like.

इति भैषज्यरत्नावल्यां वातव्याधिचिकित्साप्रकरणम् ।।२६।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां वातव्याधिचिकित्साप्रकरणम् ।।२६।।

End of the Chapter 26 of Bhaiṣajya Ratnāvalī with Commentary

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अथ वातरक्तचिकित्साप्रकरणम् २७

Chapter 27
Vāta Rakta

वायुः प्रवृद्धो वृद्धेन रक्तेनावारितः पथि । क्रुद्धः संदूषयेद्रक्तं तज्ज्ञेयं वातशोणितम् ।।१।।

1. Note: *Vāta rakta* refers to gout. It is metabolic disorder causing arthritis. An acute attack affects a single joint specially the big toe but it may affect other joints also. Affected joint is red, swollen and extremely tender.

The *vāta rakta* is caused due to vitiated *vāta doṣa* resulted by intake of very citrus, pungent, sour and like eatables and other reasons. The *vāta doṣa* of body is vitiated due to salt and citrus content of the eatables. It may also be caused due to excessive walking in hot hours. Other causes that vitiate blood of the body can also cause this indisposition as the vitiated part of blood effects other portion of blood circulation. This indisposition has been named as *Vātaśonit* as well.

(Caraka)

वातरक्तस्य भेदौ–

उत्तानमथ गम्भीरं द्विविधं वातशोणितम् । त्वङ्मांसाश्रयमुत्तानं गम्भीरन्त्वन्तराश्रयम् ।।२।।

2. Varieties: *Vāta rakta* is of two types: viz. *uttāna* (superficial) and *avagāḍha* (deep-seated). The former afflicts the skin and the muscle tissue, and the latter remains deep seatedinto the *dhātu* of the body.

(Caraka)

वातरक्तचिकित्साविधिः (च. द.)–

बाह्यं लेपाभ्यङ्गसेकोपनाहैर्वातशोणितम् । विरेकास्थापनस्नेह पानैर्गम्भीरमाचरेत् ।।३।।

3.Process of Treatment of Vāta Rakta:

The superficial variety of *vāta rakta* should be treated by *lepa* (application of ointments), massage and *upanāha* (application of hot ointment). The deep-seated variety of *vāta rakta* should be treated by *virecaka* (emetic) and *virecana* (purgation) therapies, *āsthāpana* (a type of medicated enema) and *sneha pāna* (intake of oil, *ghṛitam*, etc.).

(Cakradatt)

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द्वयोर्मुञ्चेदसृक् शृङ्गसूच्यलाबुजलौकसा । देशाद् देशं व्रजेत् स्राव्यंशिराभिः प्रच्छनेन वा ।
अङ्गग्लानौ च न स्राव्यं रुक्षे वातोत्तरे च यत् ।।४।।

4. For both the types of *vāta rakta*, blood-letting therapy should be administered with the help of *śṛīnga* (horn of animals), *sūci* (pricking by needles), *alābu* and leech. If the *vāta rakta* is of shifting type then blood-letting should be performed by venesection or *prachanna* (scratching). However, if the disease is associated with fatigue and if as a result of aggravated *vāta*, there is unctuousness in the body, then blood-letting should not be performed by venesection.

(Cakradatt)

वातरक्ते हितानि–

आढक्यश्रणका मुद्गा मसूराः समुकुष्ठकाः । यूषार्थे बहुसर्पिष्काः प्रशस्ता वातशोणिते ।।५।।
पुराणा यवगोधूमनीवाराः शालिषष्टिकाः । भोजनार्थे हिता गव्या महिषाजपयो हितम् ।।६।।

5-6. The pigion peas, grams, *mudga*, lentil and *samakuṣṭhakā* cooked along with *ghṛitam* are considered to form good diet in cases of *vāta rakta*. Also eating old barley, wheat, *nivāra* (*tṛiṇadhānya*), *śāli* rice, *ṣaṣṭhi* rice and milk of cow, buffalo and goats are also useful for the patients of the disease.

(Caraka)

वातरक्ते त्याज्यानि–

दिवास्वप्नाग्निसंतापं व्यायामं मैथुनं तथा । कटूष्णगुर्वभिष्यन्दिलवणाम्लानि वर्जयेत् ।।७।।

7. A patient of *vāta rakta* should avoid the following: sleeping during daytime, exercising, indulging in intercourse, eating materials which are pungent, warm, *gurupāki*, *abhiṣayandi* (yogurt etc.), salty and bitter.

(Caraka)

हरीतकीप्रयोगः–

हरीतकींप्राश्य समं गुडेन एकाऽथवा द्वे च ततो गुडूच्याः ।
क्वाथोऽनुपीतःशमयत्यवश्यंप्रभिन्नमाजानुजवातरक्तम् ।।८।।

8. Take one or two pieces of *harītakī*, powder it and consume it with jaggery. Subsequently drink decoction of *guḍūcī*. This medication gives relief from *vāta rakta* affecting the body upto its knee.

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शम्याकादिक्वाथः–

शम्याकामृतवासानामेरण्डस्नेहसंयुतम् । पीत्वा क्वाथमसृग्वातं क्रमात् सर्वाङ्गगं जयेत् ।।९।।

9. Śampākādi Kvātha:

Ingredients: Fruits of *āragvadha*, *guḍūcī*, *aḍuṣā*, water and *eraṇḍa* oil.

Process of Drug-Making: Get equal parts of the pulp of fruits of *āragvadha*, *guḍūcī* and *aḍuṣā*. Decoct all of them along with 6 litre water. Carry on the decoction process till the original quantity is reduced to one fourth. Filter the compound and add to it 12 gm. measure of *eraṇḍa* oil.

Therapeutic benefits: This medicine cures whole body's *vāta rakta*.

गुडूचीप्रयोगः–

गुडूच्याःस्वरसंचूर्णं कल्कं वा क्वाथमेव वा । प्रभूतकालमासेव्य मुच्यते वातशोणितात् ।।१०।।

10. For curing *vāta rakta*, the patient should be given the juice or *kalka* or powder or decoction of *guḍūcī* constantly for a long time.

(Cakradatt)

पटोलादिक्वाथः–

पटोलकटुकाभीरुत्रिफलाऽमृतसाधितम् । क्वाथं पीत्वा जयेजन्तुः सदाहं वातशोणितम् ।।११।।

11. Paṭolādi Kvātha:

Intake of the decoction of *paṭola*, *kaṭukī*, *śatāvarī*, *triphalā* and *amṛitā* (25 gm. of their mix taken in equal parts, decocted in water measuring 200 ml., decocted upto its one-fourth) cures *vāta rakta* associated with a burning sensation.

(Cakradatt)

एरण्डादिक्वाथः–

गन्धर्वहस्तवृषगोक्षुरकामृताभिर्मूलैर्बलेक्षुरकयोश्च पचेत्कषायम् ।
बातासृगाशु विनिहन्ति चिरप्ररूढमाजानुगं स्फुटितमूर्ध्वगतन्तु पीतम् ।।१२।।

12. Eraṇḍādi Kvātha:

Ingredients: Root of *eraṇḍa*, root of *aḍuṣā*, *gokṣura*, *guḍūcī*, root of *balā* and root of *kṣuraka*.

Process of Drug-Making: Take equal quantities of root of *eraṇḍa*, root of *aḍuṣā*, *gokṣura*, *guḍūcī*, root of *balā* and root of *kṣurak*. Raise 24 gm. of their mixture and prepare decoction out of it (25 gm. of their mix taken in equal parts,

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decocted in water measuring 200 ml., decocted upto its one-fourth). This medicine is known as *Eraṇḍādi Kvātha*.

Therapeutic benefits: It cures all types of *vāta rakta* affecting the entire body.

(*Bhāvaprakāśa*)

कोकिलाक्षादिक्वाथः (यो. र.)–

कोकिलाक्षामृताक्वाथेपिबेत्कृष्णांयथाबलम् । पथ्यभोजीत्रिसप्ताहान्मुच्यतेवातशोणितात् ।।१३।।

13. Kokilākṣādi Kvātha:

Ingredients: Powder of *kṛiṣṇā*, *kokilākṣa* and *amṛitā*.

Process of Drug-Making: This is a decoction-based formula involving *kokilākṣa* and *amṛitā* in equal parts.

Method of use/ Administration and Therapeutic benefits: If *vāta rakta* is caused by the aggravation of *kapha*, then the patient should be given the decoction after treating it with the powder of *kṛiṣṇā*. He should maintain a wholesome diet. By doing so, he is relieved from *vāta rakta* within three weeks.

(*Yoga Ratnākar*)

नवकार्षिकक्वाथः–

त्रिफलानिम्बमञ्जिष्ठा वचा कटुकरोहिणी । वत्सादनी दारुनिशा कषायो नवकार्षिकः ।।१४।।
वातरक्तं तथा कुष्ठं पामानं रक्तमण्डलम् । कुष्ठं कापालिकं कुष्ठं पानादेवापकर्षति ।।१५।।
पञ्चरक्तिकमाषेणकार्योऽयंनवकार्षिकः । किन्त्वेवं साधिते क्वाथे योग्या मात्राऽत्र दीयते ।।१६।।

14-16. Nava Kārṣika Kvātha:

Ingredients: *Harītakī*, *vibhītakī*, *āmalakī*, *nimba*, *manjiṣṭhā*, *vacā*, *kaṭuka rohiṇī*, *vatsādani* and *dāru haridrā*.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in measure of 12 gm. each. Decoct in water measuring 96 ml. Continue the decoction process till its original quantity is reduced to one fourth.

Method of use/Administration: These nine ingredients can also be administered in a powder form in doses of 625 mg. The dose of the decoction can be decided depending upon the condition of the patient.

Therapeutic benefits: It immediately cures *vāta rakta* and various types of *kuṣṭha* (skin diseases including leprosy) like *pāma*, *rakta maṇḍala* and *kapālikā*.

(Cakradatt)

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सिंहास्यादिक्वाथः (भा. प्र.)–

सिंहास्यपञ्चमूलीच्छिन्नरुहैरण्डगोक्षुरक्वाथः ।।१७।।
एरण्डतैलरामठसैन्धवचूर्णान्वितः पीतः ।।१८।।
प्रशमयति वातरक्तं तथाऽऽमवातं कटीशूलम् ।
मूत्रपुरीषविबन्धं ब्रध्नविकारं सुदुर्वारम् ।।१९।।

17-19. Sinhāsyādi Kvātha:

Ingredients: *Aḍuṣā*, *pañcamūla*, *guḍūcī*, *eraṇḍamūla*, *gokṣura*, *eraṇḍa* oil, *hingu* and powder of rock salt.

Process of Drug-Making: This is a decoction-based formula involving the plants *aḍuṣā*, *pañcamūla*, *guḍūcī*, *eraṇḍamūla*, *gokṣura* in equal parts. Raise 25 gm. of their mix and decoct it in water measuring 200 ml. The decoction should continue till it is reduced to one-eighth.

Method of use/Administration: Add *eraṇḍa* oil (12 ml.), *hingu* (250 mg.), powder of rock salt (500 mg.) to the decoction and drink the same.

Therapeutic benefits: By drinking this medicine one is relieved from such diseases as the *vāta rakta*, *āmavāta*, *kaṭiśūla*, improper flow of excretions (*mala, mūtra*) and difficult case of *brahnaroga*.

(*Bhāvaprakāśa*)

अश्वत्थकषायः (च. सं. चि.)–

बोधिवृक्षकषायं तु पाययेन्मधुना सह । वातरक्तं जयत्याशु त्रिदोषमपि दारुणम् ।।२०।।

20. Aśvattha Kāṣāya:

Ingredients: *Pippala's* (*aśvattha*) bark and honey.

Process of Drug-Making: This is a decoction-based formula involving *pippala's* (*aśvattha's*) bark.

Method of use/Administration: Add honey to the decoction and drink the same.

Therapeutic benefits: This medicine cures *vāta rakta* caused due to disorders in the three *doṣas*.

(Caraka)

त्रिवृतादिक्वाथः (भा. प्र.)–

त्रिवृद्विदारीगोक्षुरक्वाथो वातास्रनाशनः ।।२१।।

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21. Tṛivṛitādi Kvātha:

Ingredients: *Niśotha*, *vidārī kanda* and *gokṣura*.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts.

Therapeutic benefits: This medicine cures *vāta rakta*.

(*Bhāvaprakāśa*)

गुडूच्याः षट्प्रयोगाः (च. द.)–

घृतेनवातंसगुडाविबन्ध्यंपित्तंसिताढ्यामधुनाकफञ्च।
वातासृगुग्ररुबुतैलमिश्राशुठ्यामवातंशमयेद् गुडूची ।।२२।।

22. *Guḍūcī* taken with *ghṛitam* cures aggravated *vāta*; if taken with *guḍa*, it cures constipation; if taken with sufficient quantity of sugar, it cures aggravated *pitta*; if taken with with honey, it cures *kapha*; if taken with with castor oil, it cures *vāta rakta*; and if taken with with *śunṭhī*, it cures *āmavāta* (artheritis).

(Cakradatt)

वासादिक्वाथः (भा. प्र.)–

वासागुडूचीचतुरङ्गुलानामेरण्डतैलेन पिबेत्कषायम् ।
क्रमेण सर्वाङ्गजमप्यशेषं जयेदसृग्वातभवं विकारम् ।।२३।।

23. Vasādi Kvātha:

Ingredients: *Vāsa*, *guḍūcī* and *caturangula*.

Process of Drug-Making: This is a decoction-based formula involving *vāsa* and *guḍūcī* in equal parts.

Method of use/Administration: The decoction should be taken by adding castor oil to it. Raise 25 gm. of their mix and decoct it in water measuring 200 ml. The decoction should continue till it is reduced to one-fourth.

Method of use/Administration: Add *eraṇḍa* oil (12 ml.) to the decoction and drink the same.

Therapeutic benefits: This gradually cures the ailments caused by all types of *vāta rakta* afflicting the whole body.

(*Bhāvaprakāśa*)

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अमृतादिकल्कः (भा. प्र.)–

अमृताकटुकायष्टीशुण्ठीकल्कं समाक्षिकम् । गोमूत्रपीतं जयति सकफं वातशोणितम् ।।२४।।

24. Amṛitādi Kalka:

Ingredients: *Kaṭuka*, *amṛitā*, *yaṣṭi* and *śunṭhī*.

Process of Drug-Making: This is a *kalka* based formula involving all the ingredients in equal parts. Raise 12 gm. of their mix and triturate the mix along with water.

Method of use/Administration: It should be taken by mixing in it honey (6 gm.). The intake of the medicine should be followed by a drink of the cow's urine measuring 50 ml.

Therapeutic benefits: This cures *kapha-generated vāta rakta*.

(*Bhāvaprakāśa*)

धात्र्यादिक्वाथः (भा. प्र.)–

धात्रीहरिद्रामुस्तानां कषायं वा समाक्षिकम् ।।२५।।

25. Dhātrayādi Kvātha:

The decoction (50 ml.) of *dhātrī*, *haridrā* and *mustā* (each taken in equal parts). Taken along with honey (15 gm.) relieves *vāta rakta*.

(*Bhāvaprakāśa*)

अमृतादिक्वाथः (भा. प्र.)–

अमृतानागरधान्यक-कर्षत्रितयेनपाचनं सिद्धम् । जयति सरक्तं वातं सामं कुष्ठान्यशेषेण ।।२६।।

26. Amṛitādi Kvātha:

Ingredients: *Amṛitā*, *nāgara* and *dhānyaka*.

Process of Drug-Making: Prepare decoction of 12 gm. each of the *amṛitā*, *nāgara* and *dhānyaka*.

Therapeutic benefits: It cures *vāta rakta*, *āma* (a condition characterized by improper digestion and metabolism) and all types of *kuṣṭha* (skin diseases including leprosy).

(*Bhāvaprakāśa*)

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वत्सादनीक्वाथः (भा. प्र.)–

वत्सादन्युद्भवः क्वाथः पीतो गुग्गुलुमिश्रितः । समीरणसमायुक्तं शोणितं संप्रसाधयेत् ।।२७।।

27.Vatsādanī Kvātha:

Intake of the decoction (50 ml.) of *vatsādani* along with *guggulu* (1 gm.) cures *vāta rakta*.

(*Bhāvaprakāśa*)

निम्बादिचूर्णम्–

निम्बामृताभया धात्री प्रत्येकञ्च पलोन्मितम् । सोमराजीपलं शुण्ठीविडङ्गैडगजाः कणा ।।२८।।
यमानी चोग्रगन्धा च जीरकं कटुकं तथा । खदिरं सैन्धवं क्षारं द्वे हरिद्रे च मुस्तकम् ।।२९।।
देवदारु तथा कुष्ठं कर्षं कर्षं प्रदापयेत् । सर्वं सञ्चूर्णितं कृत्वा श्लथवस्त्रेण छानयेत् ।।३०।।
शाणमात्रन्तु भोक्तव्यं छिन्नाक्वाथं पिबेदनु । मासमात्रप्रयोगेण भवेत्काञ्चनसन्निभः ।।३१।।
वातशोणितमत्युग्रं श्वित्रमौदुम्बरं तथा । कोठं चर्मदलाख्यञ्च सिध्म पामा च विप्लुता ।।३२।।
कण्डू विचर्चिका कारुदद्रुमण्डलकिट्टिमम् । सर्वाण्येव निहन्त्याशु वृक्षमिन्द्राशनिर्यथा ।।३३।।
आमवातकृतं शोथमुदरं सर्वरूपिणम् । प्लीहानं गुल्मरोगञ्च पाण्डुरोगं सकामलम् ।।३४।।
सर्वान् कण्डूव्रणांश्चैव हरते नात्र संशयः । एतन्निम्बादिकं चूर्णं प्राह नागार्जुनो मुनिः ।।३५।।

28-35. Nimbādi Cūrṇam:

Ingredients: Bark of *neem*, *guḍūcī*, *haraḍa*, *āmalakī*, *vākucī*, dried ginger, *vāyaviḍanga*, root and seed of *cakramarda*, *pippalī*, caraway seeds, *vacā*, cumin seed, *kaṭuka* (black pepper and *kaṭukī*), bark of *khadira*, rock salt, *yavakṣāra*, *haridrā*, *dāru haridrā*, *mustaka*, wood powder of *devadāru* and *kuṣṭha*.

Process of Drug-Making: Get the materials in the following measures: bark of *neem* (46 gm.), *guḍūcī* (46 gm.), *haraḍa* (46 gm.), *āmalakī* (46 gm.), *vākucī* (46 gm), 12 gm. measure each of the following: dried ginger, *vāyaviḍanga*, root or seeds of *cakramarda*, *pippalī*, caraway seeds, *vacā*, cumin seed, *kaṭuka* (black pepper and *kaṭukī*), bark of *khadira*, rock salt, *yavakṣāra*, *haridrā*, *dāru haridrā*, *mustaka*, wood powder of *devadāru* and *kuṣṭha*. Mortar all these materials and obtain fine powder after filtering. Store this compound in glass bottle.

Method of use/Administration: This medicine should be consumed in doses of 3 gm. and subsequently the user should drink decoction (50 ml.) of *guḍūcī*. If this medicine is consumed regularly for one month the user's body becomes as bright as the piece of gold.

Therapeutic benefits: This medicine is known as *Nimbādi Cūrṇam* and cures diseases like severe *vāta rakta*, white *kuṣṭha* (skin diseases including leprosy),

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audumbara (a type of leprosy), *koṭha*, *carmadala*, *sidhma*, *pāma*, *viplutā*, *kaṇḍu*, *vicarcikā*, vitiated *dadrumaṇḍala* (*karu*), *kiṭṭima*, *āmavāta*, *śotha* caused due to *āmavāta*, all types of disorders afflicting the gastro intestinal tract, caused due to *sannipātta*, enlargement of spleen, *gulma*, *pāṇḍu*, jaundice, all types of *kaṇḍu* and *vraṇa*. This medicine cures all these diseases the same way as the lightening kills a tree.

मुण्डीतिकाचूर्णम् (च. द.)–

लीढ्वामुण्डीतिकाचूर्णंमधुसर्पिःसमायुतम् । छिन्नाक्वाथं पिबन् हन्ति वातरक्तं सुदुस्तरम् ।।३६।।

36. Muṇḍītika Cūrṇam:

Serious types of *vāta rakta* can be cured by the following recipes: Paste prepared out of the *muṇḍītika* (3 gm.), honey (10 gm.) and *ghṛitam* (5 gm.). It should be taken along with the decoction of *china* (50 ml.).

(Cakradatt)

गुडघृतप्रयोगः (भा. प्र.)–

कफपित्तप्रशमनं कच्छुवीसर्पनाशनम् । वातरक्तप्रशमनं हृद्यं गुडघृतं स्मृतम् ।।३७।।

37. Jaggery (5 gm.) mixed with *ghṛitam* (10 gm.) alleviates *kapha* and *pitta*, cures itching, erysipelas and *vāta rakta*. It is a cardiac *rasāyaṇa*.

(*Bhāvaprakāśa*)

तिलप्रलेपः (भा. प्र.)–

लेष्यास्तद्वत्तिला भृष्टाः पिष्टाः पयसि निर्वृताः ।।३८।।

38. Tila Pralepa:

Fry the sesame seeds (100 gm.) in fire and triturate it along with cow's milk (250 ml.) and apply the preparation as ointment. This cures *vāta rakta*.

(*Bhāvaprakāśa*)

वातरक्ते प्रलेपसेकौ–

गोधूमचूर्णाजपयोघृतञ्च सच्छागदुग्धोरुबुबीजकल्कः ।
लेपो विधेयः शतधौतसर्पिः सेके पयश्चाविकमेव शस्तम् ।।३९।।

39. The following recipes are useful in relieving *vāta rakta*: 1. The paste of wheat- powder (100 gm.), goat's milk (250 ml.) and *ghṛitam* (50 gm.) should be applied externally over the affected part; 2. The paste of castor-seed based on

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goat's milk should be applied externally over the affected part; 3. *Śatadhauta Ghṛitam* should be applied externally over the affected part; and 4. Sheep's milk should be sprinkled over the afflicted part.

(Cakradatt)

गृहधूमादिप्रलेपः (यो. र.)–

गृहधूमवचाकुष्ठशताह्वारजनीद्वयम् । प्रलेपः शूलनुद् वातरक्ते वातकफोत्तरे ।।४०।।

40. Gṛihadhūmādi Pralepa:

Ingredients: Smoke ash from kitchen, *vacā*, *kuṣṭha*, dried ginger, *haridrā*, *dāru haridrā*, milk and water.

Process of Drug-Making: Take smoke ash from kitchen, *vacā*, *kuṣṭha*, dried ginger, *haridrā*, *dāru haridrā* and churn all of these in a stone mortar with milk and water.

Method of use/Administration: This preparation is to be used as an ointment.

Therapeutic benefits: This medicine cures *vāta rakta* caused out of *vāta* and *pitta doṣas*.

(*Yoga Ratnākar*)

बलादिप्रलेपः (अ.)–

बलोरुवूकवीजं चाजाजी वत्सादनी मिसिः । एषामाजपयः पिष्टं कल्कं शश्वत् प्रलेपयेत् ।।
यावन्न वातरक्तार्त्ति-प्रशान्तिर्दृश्यते ननु ।।४१।।

41.Balādi Pralepa:

Ingredients: Fresh root of *balā*, skinless seed of *eraṇḍa*, white cumin seeds, *guḍūcī*, dried ginger and goat's milk.

Process of Drug-Making: Get fresh root of *balā*, skinless seed of *eraṇḍa*, white cumin seeds, *guḍūcī* and dried ginger. Churn all these materials with goat's milk and apply it frequently on the affected parts.

Therapeutic benefits: This medicine gives relief to the patient of *vāta rakta*.

(*Aṣṭānga Hṛidaya*)

रास्नादिलेपः (भा. प्र.)–

रास्ना गुडूची मधुकं बले द्वे सजीवकं सर्षभकं पयश्च ।
घृतं च सिद्धं मधुशेषयुक्तरक्तानिलार्त्ति प्रणुदेत् प्रदेहः ।।४२।।

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42. Rāsnādi Lepa:

Ingredients: *Rāsnā*, *guḍūcī*, raisin, *balā*, *mahābalā*, *jīvaka*, *ṛiṣabhaka*, milk, *ghṛitam* and wax.

Process of Drug-Making: Cook the following in the prescribed way: *rāsnā*, *guḍūcī*, raisin, *balā*, *mahābalā*, *jīvaka*, *ṛiṣabhaka*, milk, *ghṛitam* and wax.

Note: Prepare *kalka* of the following materials measuring 50 gm. each: *rāsnā*, *guḍūcī*, raisin, root of *balā* and *mahābalā*, *jīvaka* and *ṛiṣabhaka*. Following this, take 50 gm. of *ghṛitam*, 250 ml. of milk and cook them along with the above *kalka*. Cook till all the milk is evaporated andsubsequently filter the *ghṛitam*. Add 50 gm. of wax to it and store the preparation.

Method of use/ Administration and Therapeutic benefits: Apply this *kalka* to get relief from *vāta rakta*.

(*Bhāvaprakāśa*)

वातरक्तान्तको रसः–

पारदं गन्धकं लौहं घनं तालं मन शिला । शिलाजतु पुरं शुद्धं समभागं विचूर्णयेत् ।।४३।।
विडङ्गं त्रिफलाव्योषमब्धिफेनं पुनर्नवा । देवदारु चित्रकञ्च दार्वी श्वेतापराजिता ।।४४।।
चूर्णमेषां पृथक् तुल्यं सर्वमेकत्र भावयेत् । त्रिफलाभृङ्गराजस्य रसेनैव त्रिधा त्रिधा ।।४५।।
सम्भाव्य भक्षयेत्पश्चान्माषमात्रं दिने दिने । कृत्वाऽनुपानं निम्बस्य पत्रं पुष्पं त्वचं समम् ।।४६।।
शाणमात्रं घृतैः कुर्यात् सर्ववातविकारनुत् । वातरक्तं महाघोरं गम्भीरं सर्वजं जयेत् ।।
सर्वोपद्रवसंयुक्तं साध्यासाध्यं निहन्त्ययम् ।।४७।।

43-47. Vātaraktāntaka Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma*, *abhraka bhasma*, purified *haritāla*, purified *manahśilā*, purified *śilājatu*, purified *guggulu*, *vāya viḍanga*, *harītakī*, *vibhītaka*, *āmalakī*, dried ginger, black pepper, *pippalī*, *samudraphena*, root of *punarnavā*, *devadāru*, root of *citraka*, *dāru haridrā*, white *aparājitā*, decoction of *triphalā* and juice of *bhṛingarāja*.

Process of Drug-Making: Obtain powder measuring 50 gm. each of the following: purified *pārada*, purified *gandhaka*, *lauha bhasma*, *abhraka bhasma*, purified *haritāla*, purified *manahśilā*, purified *śilājatu*, purified *guggulu*, *vāya viḍanga*, *harītakī*, *vibhītaka*, *āmalakī*, dried ginger, black pepper, *pippalī*, *samudraphena*, root of *punarnavā*, *devadāru*, root of *citraka*, *dāru haridrā* and white *aparājitā*. First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the materials into it. Mortar the mix into a fine powder. Process the

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mix through *bhāvanā* method for three times each with decoction of *triphalā* and juice of *bhṛingarāja*. Subsequently triturate it and prepare pills in measurement of 60 mg. each.

Method of use/Administration: This medicine is called as *Raktāntaka Rasa*. Consume this medicine daily in doses of 1 gm. (modern dose 375-750 mg.) each. After consuming this medicine, take 4 gm. (modern dose 1 gm.) powder obtained through the equal parts of leaves, flowers and bark of *neem* tree along with cow' *ghṛitam*.

Therapeutic benefits: This medicine is capable of curing all types of *vāta rakta*.

(*Rasendra Sār Sangraha*)

विश्वेश्वरो रसः (र. सा. सं.)–

रसाद्दश विषात्पञ्च गन्धकाद्दश शोधितात् । तुत्थाद्दश पलाशस्य बीजेभ्यः पञ्च कारयेत् ।।४८।।
क्षुद्राऽश्वमारधुस्तूरनीलीतः करहाटकात् । दशकं दशकं कुर्याच्छोषयित्वा जटात्वचः ।।४९।।
दशकं दशकं दत्त्वा कुचिलाद्दश नूतनात् । भल्लातकाच्च दशकं चूर्णयित्वा भिषक्कृतः ।।५०।।
सुदिने च बलिं दत्त्वा वैद्यः पूजापरायणः । रक्तिकाद्वितयं दद्यात् सहते यदि वा त्रयम् ।।५१।।
वातरक्तं ज्वरंकुष्ठं खरस्पर्शमसौख्यदम् । आजानुस्फुटितं हन्ति विषजं वाऽस्थिनिःसृतम् ।।५२।।
कुष्ठमष्टादशविधमग्निमान्द्यमरोचकम् । विश्वेश्वरो रसो नाम विश्वनाथेन भाषितः ।।५३।।

48-53. Viśveśvara Rasa:

Ingredients: Purified *pārada*, purified *viṣa*, purified *gandhaka*, purified *nīla tutthaka*, powders of seed of *palāśa*, root of smaller *kañṭakārī* plant, root of *karavīra*, root and pure seeds of *dhatturā*, *karahātaka*, *nīlajhinṭi*, *jaṭāmānsī* (*jaṭā*), cinnamon, purified *kucilā* and fresh flowers of *bhalallataka*.

Process of Drug-Making: Take the ingredients in the following measures: purified *pārada* (120 gm.), purified *viṣa* (60 gm.), purified *gandhaka* (120 gm.), purified *nīla tutthaka* (120 gm.), powders of seed of *palāśa* (*dhaka*) (60 gm.), root of smaller *kañṭakārī* plant (120 gm.), root of *karavīra* (120 gm.), root and pure seeds of *dhatturā* (120 gm.), *karahātaka* (120 gm.), *nīlajhinṭi* (120 gm.), *jaṭāmānsī* (*jaṭā*) (120 gm.), cinnamon (120 gm.), purified *kucilā* (120 gm.) and fresh flowers of *bhalallataka* (120 gm.).

First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the materials into it. Mortar all these materials collectively into a fine powder and fill the preparation in glass bottles.

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Method of use/Administration: Consume this drug on an auspicious day after worshipping and giving offerings to gods. Initially start the dosage with 250 mg. (modern dosage 125 mg.). Subsequently depending on the condition of patient, the dosage can be increased to 375 mg. (modern dosage 250 mg.).

Therapeutic benefits: This medicine cures *vāta rakta*, fever, *kuṣṭha* (skin diseases including leprosy), other skin diseases, *ajanuasphutita* type of gout (i.e. one effecting upto the knees), *vāta rakta* caused by poisoning or associated with deformation of bones, 18 types of *kuṣṭha* (skin diseases including leprosy), loss of digestion and anorexia. This medicine has been prepared by Śrī Viśvanāth and is known as *Viśveśvara Rasa*.

(*Rasendra Sār Sangraha*)

द्वादशायसः–

गरुत्मान् दरदस्तीक्ष्णं शर्वाख्यो वङ्गशक्तिके । शुल्वञ्च गगनं फेनं रुधिरञ्च त्रिनेत्रकम् ।।५४।।
पातालनृपतिश्चैव वह्निमूलं सरामठम् । त्रिकटु त्रिफला शिग्रु चाजमोदा यमानिका ।।५५।।
भार्गी च पिप्पलीमूलं लशुनं जीरकद्वयम् । आर्द्रकस्य रसेनैव वटिकां कारयेद्भिषक् ।।५६।।
वातरक्तं महाकुष्ठं गलिताङ्गं त्रिदोषजम् । शोथं कण्डूञ्च रुधिरं सर्वमेतद् व्यपोहति ।।५७।।
मन्दानलामवातञ्च श्लेष्माणञ्च जलोदरम् । घ्राणाक्षिकर्णजिह्वानां सर्वरोगं विनाशयेत् ।।५८।।

54-58. Dvadaśāyasa:

Ingredients: *Svarṇamākṣika* (*gurutmān*) *bhasma*, purified *hiñgula*, *tīkṣana lauha bhasma*, purified *pārada* (*śarvākhya*), *vanga bhasma*, purified *gandhaka* (*śaktika*), *tāmra bhasma*, *abhraka bhasma*, purified opium (*phena*), purified *svarṇagarik* (*rudhira*), *svarṇa* (*ṭrinetraka*) *bhasma*, *nāga* (*pātālanṛipati*) *bhasma*, root of *citraka*, *hingu* treated with *ghṛitam*, dried ginger, black pepper, *pippalī*, *harītakī*, *vibhītaka*, *āmalakī*, bark of *śobhāñjana*, *ajamodā*, caraway seed, *bhārgī*, *pippalīmūla*, garlic pearls, white and black cumin seeds and juice of ginger.

Process of Drug-Making: Take powders measuring 10 gm. each of the following: *svarṇamākṣika* (*gurutmān*) *bhasma*, purified *hiñgula*, *tīkṣana lauha bhasma*, purified *pārada* (*śarbhakhya*), *vanga bhasma*, purified *gandhaka* (*śaktika*), *tāmra bhasma*, *abhraka bhasma*, purified opium (*phena*), purified *svarṇagairika* (*rudhidira*), *svarṇa* (*ṭrinetraka*) *bhasma*, *nāga* (*pātālanṛipati*) *bhasma*, root of *citraka*, *hingu* treated with *ghṛitam*, dried ginger, black pepper, *pippalī*, *harītakī*, *vibhītaka*, *āmalakī*, bark of *śobhāñjana*, *ajamodā*, caraway seed, *bhārgī*, *pippalīmūla*, garlic pearls, white and black cumin seeds. First of all

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prepare *kajjalī* out of purified *pārada*, *gandhaka* and *hiñgula* and mix rest of the ingredients into it. Mortar the same properly. Take juice of ginger and triturate the compound for three hours. Prepare pills in measurement of 250 mg. each and preserve them in bottles properly dried.

Therapeutic benefits: This medicine is known as *Dvadaśāyasa* and is very helpful in curing *vāta rakta*, *mahākuṣṭha*, *galitakuṣṭha*, disorders of *doṣas*, *śotha*, *kaṇḍu*, *rudhirvikara* (disordered blood), lost power of digestion, *āmavāta*, increase in *kapha*, *jalodara* and diseases of nose, eyes, ears and tongue.

गुडूच्यादिलौहम्–

गुडूचीसारसंयुक्तं त्रिकत्रययुतं त्वयः । वातरक्तं निहन्त्याशु सर्वरोगहरं परम् ।।५९।।

59. Guḍūcyādi Lauham:

Ingredients: *Satva* of *guḍūcī*, *ṭrikatraya* [(i.e. *ṭriphalā* = *harītakī*, *vibhītaka* and *āmalakī*) and *ṭrikaṭu* (dried ginger, black pepper, *pippalī*), *ṭrimada* (*vāyaviḍanga*, *mustā*, root of *citraka*)] and *lauha bhasma*.

Process of Drug-Making: Take powders of the following in measurement of 50 gm. each: *satva* of *guḍūcī*, *ṭrikatraya* (i.e. *ṭriphalā*, *ṭrikaṭu* and *ṭrimada* herbs together) and take *lauha bhasma* measuring equivalent to all these materials (i.e. 500 gm.) and mortar their mix into a fine powder. Fill the powder in glass bottle.

Method of use/Administration: This medicine is known as *Guḍūcyādi Lauha*. Consume this medicine in doses of 375 mg. daily.

Therapeutic benefits: This medicine cures *vātarakta* and other related diseases.

(*Rasendra Kāmdhenu*)

पित्तान्तकलौहम्–

रसं गन्धकमभ्रञ्च गुडूचीमभयां तथा । उशीरं बालकं ताम्रसारं सर्वं समं समम् ।।६०।।
गृहीत्वाऽयः सर्वसमं खल्वे संस्थाप्य मर्दयेत् । रक्तिद्वयमितां खादेद्वटिकामतियत्नतः ।।६१।।
पटोलपत्रधन्याकक्वाथेनैवानुपानतः । पाण्डुं पित्तोद्भवान् रोगानशेषान् यकृतं तथा ।।६२।।
उपदंशं तथा हन्याद्विकृतिं पारदोद्भवाम् । लौहः पित्तान्तको नाम वातरक्तं सुदारुणम् ।।
दाहञ्च हस्तपदयोर्हन्ति सूर्यो यथा तमः ।।६३।।

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60-63. Pittāntaka Lauham:

Ingredients: Purified *pārada*, purified *gandhaka*, *abhraka bhasma*, *satva* of *guḍūcī*, *abhayā* (*haraḍa*), *uśīra*, *sugandhabālā*, *tāmra bhasma*, *lauha bhasma*, water and juice of *guḍūcī*.

Process of Drug-Making: Obtain 12 gm. measure each of the purified *pārada*, purified *gandhaka*, *abhraka bhasma*, *satva* of *guḍūcī*, *abhayā* (*haraḍa*), *uśīra*, *sugandhabālā*, *tāmra bhasma* and equivalent to all these (i.e. 96 gm.) of the *lauha bhasma*. First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the materials into it. Take water and juice of *guḍūcī* and triturate the compound for three hours. Prepare pills in measurement of 250 mg. each and after drying, preserve them in glass bottle.

Method of use/Administration: Consume one pill daily along with decoction of leaves of *paṭola* and coriander.

Therapeutic benefits: This medicine cures diseases such as *pāṇḍu*, disorders of *pitta doṣa*, enlargement of *yakṛita*, *upadamśa*, disorder caused due to intake of impure *pārada*, severe *vāta rakta* and burning sensation in hands and legs. It cures these diseases in the same fashion as the sun cures darkness.

लाङ्गल्याद्यं लौहम्–

विशुद्धलाङ्गलीमूलत्रिकटुत्रिफलैस्तथा । द्राक्षागुग्गुलुभिस्तुल्यं लौहचूर्णं नियोजयेत् ।।६४।।
मातुलुङ्गरसेनैव त्रिफलाया रसेन च । विमृद्य यत्नतः पश्चाद् गुडिकां वल्लसम्मिताम् ।
भक्षयेन्मधुना सार्द्धं शृणु कुर्वन्ति यान् गुणान् ।।६५।।
आजानुस्फुटितं घोरं सर्वाङ्गस्फुटितं तथा ।
तत्सर्वं नाशयत्याशु साध्यासाध्यञ्च शोणितम् ।।६६।।

64-66. Lāṅglyādyam Lauham:

Ingredients: Fresh root of *lāngli*, dried ginger, black pepper, *pippalī*, *harītakī*, *vibhītaka*, *āmalakī*, grapes, purified *guggulu*, *lauha bhasma*, juice of *mātulunga* lemon and decoction of *triphalā*.

Process of Drug-Making: Take powders of the following in measurement of 50 gm. each: fresh root of *lāngli* (*kalihari*), dried ginger, black pepper, *pippalī*, *harītakī*, *vibhītaka*, *āmalakī*, *kalka* of grapes, purified *guggulu* and take 450 gm. measure (i. e. equivalent to all these materials) of *lauha bhasma*. Obtain fine powder of these materials. Mortar it for three hours each with juice of *mātulunga*

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lemon and decoction of *triphalā*. Prepare pills in measurement of 375 mg. and after drying, preserve them in glass bottle.

Method of use/Administration: Churn one pill along with honey and take it daily.

Therapeutic benefits: This medicine is known as *Lānglyādyam Lauha* and is very effective in all types of *vāta rakta*.

(*Rasendra Sār Sangraha*)

शिलाजतुप्रयोगः–

छिन्नोद्भवाकषायेण सेव्यं शुद्धं शिलाजतु । पञ्चकर्मविशुद्धेन वातरक्तप्रशान्तये ।।६७।।

67. The body of the patient should be cleansed by the administration of *pañcakarma* (five elimination therapies) and then he should be administered *śilājātu* (1-3 gm.) along with the decoction of *cinnodbhava* (50 ml.). This cures *vāta rakta*.

(*Rasendra Kāmdhenu*)

तालभस्म (र. सा. सं.)–

हरितालं पलं शुद्धं तथा कर्षं विषस्य च । श्वेताङ्कोठरसेनैव द्वयमेकत्र खल्लयेत् ।।६८।।
पलाशभस्म द्विपलं निधायस्थालिकोपरि । तद्भस्मोपरि तालस्य गोलकं स्थापयेत् सुधीः ।।६९।।
तस्योपरि ह्यपामार्गभस्म दद्यात् पलत्रयम् । स्थालीमुखे शरावं च दद्याद्यत्नेन लेपयेत् ।।७०।।
लेपयित्वा ततश्चुल्ल्यामहोरात्रं पचेद्भिषक् । ततस्तु जायते भस्म शुद्धकर्पूरसंनिभम् ।।७१।।
गुञ्जात्रयं ततो भक्ष्यमनुपानविशेषतः । वातरक्तं च कुष्ठं च दद्रुविस्फोटकापचीः ।।७२।।
विचर्चिकां चर्मदलं वातदुष्टं च शोणितम् । रक्तपित्तं तथा शोथं गलत्कुष्ठं विनाशयेत् ।।७३।।
हलीमकं तथा शूलमग्निमान्द्यमरोचकम् ।।७४।।

68-74. Tāla Bhasma:

Ingredients: Purified *haritāla*, purified *viṣa*, *ankola*, ash of *palāśa* and ash of *apāmārga*.

Process of Drug-Making: Obtain purified *haritāla* (50 gm.) and purified *viṣa* (12 gm.). Triturate these two materials with juice of *ankola* (50 ml.) and prepare pills out of the recipe. Take one pan filled with ash of *palāśa* (93 gm.) and place pills on it. Press these pills properly by covering them with ash of *apāmārga* (140 gm.) from the top. Closely tie the mouth of the pan with a *śarāva*. Heat up it for

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one day and night. Once the compound is cooled, remove *haritāla bhasma* which would appear like purified camphor.

Method of use/Administration: Consume this medicine in doses of 60 mg. with especial *anupānas*.

Note: Dosage - For beginners dosage should be equivalent to one grain of paddy and for strong people the dosage can be of three to four grains.

Therapeutic benefits: This medicine cures *vāta rakta*, *kuṣṭha*, *dadru*, *visphota*, *apācī*, *vicarcikā*, *carmadala*, *raktadoṣa*, *rakta pitta*, *śotha*, *galitakuṣṭha*, *halīmaka*, *śūla*, loss of digestion and *arocaka*.

(*Rasendra Sār Sangraha*)

महातालेश्वरो रसः (र. सा. सं.)–

तथा सिद्धेन तालेन गन्धतुल्येन मेलयेत् । द्वयोस्तुल्यं जीर्णताम्रं बालुकायन्त्रगं पचेत् ।।७५।।
अयं तालेश्वरो नाम रसः परमदुर्लभः । हन्यात् कुष्ठानि सर्वाणि वातरक्तमथापि च ।।
शूलमष्टविधं श्वित्रं रसस्तालेश्वरो महान् ।।७६।।

75-76. Mahātāleśvara Rasa:

Ingredients: *Haritāla bhasma*, *gandhaka* and *tāmra bhasma*.

Process of Drug-Making: Cook the following materials in a *Bālukāyañtra*: *haritāla bhasma* (10 gm.) obtained from prescribed method, *gandhaka* (10 gm.) and *tāmra bhasma* (20 gm.).

Method of use/Administration: Dosage of 65-125 mg. of the medicine is sufficient. *Tāmra bhasma* obtained by using *haritāla* is more effective.

Therapeutic benefits: This is one of the rare medicine and known as *Mahātaleśvara Rasa*. It cures 18 types of *kuṣṭha*, *vāta rakta*, seven types of *śūla* and *śvitra*.

(*Rasendra Sār Sangraha*)

सर्वेश्वररसो वातरक्ते (शा. सं.)–

शुद्धं सूतं चतुर्गन्धं पलं यामं विचूर्णयेत् । शुद्धताम्राभ्रलोहानां दरदस्य पलं पलम् ।।७७।।
सुवर्णं रजतं चैव प्रत्येकं दशनिष्ककम् । माषैकं मृतवज्रं च तालं शुद्धं पलद्वयम् ।।७८।।
जम्बीरोन्मत्तवासाभिः स्नुह्यर्कविषमुष्टिभिः । मर्द्यं हयारिजैर्द्रवैः प्रत्येकेन दिनं दिनम् ।।७९।।
एवं सप्तदिनं मर्द्यं तद्गोलं वस्त्रवेष्टितम् । बालुकायन्त्रगं स्वेद्यं त्रिदिनं लघुवह्निना ।।८०।।
आदाय चूर्णयेच्छ्लक्ष्णं पलैकं योजयेद्विषम् । द्विपलं पिप्पलीचूर्णं मिश्रं सर्वेश्वरो रसः ।।८१।।

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द्विगुञ्जो लिह्यते क्षौद्रैः सुप्तिमण्डलकुष्ठनुत् । वाकुचीदेवकाष्ठं च कर्षमात्रं सुचूर्णयेत् ।।
लिहेदेरण्डतैलाक्तमनुपानं सुखावहम् ।।८२।।

77-82. Sarveśvara Rasa:

Ingredients: *Pārada bhasma*, *gandhaka bhasma*, *tāmra bhasma*, *abhraka*, *lauha bhasma*, purified *hiñgula*, *svarṇa bhasma*,*rajata bhasma*, *hīraka bhasma*, *haratāla bhasma*, *jambīra* lemon, *unmatta*, *bhārgī*, *snuhī*, *arka*, *viṣamuṣṭi*, *hayāri*, powders of *viṣa* and *pippalī*.

Process of Drug-Making: Obtain 46 gm. each of *pārada bhasma*, *tāmra bhasma*, *abhraka bhasma*, *lauha bhasma* and purified *hiñgula*. Also take 187 gm. of *gandhaka bhasma*, 30 gm. each of *svarna* and *rajata bhasmas*, 8 gm. of *hīraka bhasma*, and 93 gm. of *haratāla bhasma*. Triturate their mix for one day each with the juices of *jambīra*, *unmatta*, *bhārgī*, *snuhī*, *arka*, *viṣamuṣṭi* and *hayāri*. Following this triturate the mix properly and make a bolus out of the same. Cover the bolus with cloth and keep it inside a *Bālukā Yañtra*. Cook the same on mild fire for three days. Thereafter, make it into a fine powder and add to it the powders of *viṣa* (46 gm.) and *pippalī* (93 gm.).

Method of use/Administration: This *Sarveśvara Rasa* should be taken in doses of 250 mg. along with honey (5 gm.). As *anupāna* (the drink that follows the intake of the drug), the powder of *vākucī* (5 gm.) and *devadāru* (5 gm.), should be taken along with the castor oil (10 ml.).

Therapeutic benefits: It cures *supta* (numbness) and *maṇḍala* type of skin diseases.

(Śāranghdar Samhitā)

ताम्रतालयोः प्रयोगः–
तालेन निहितं ताम्रं रसगन्धकसंयुतम् । बहुधा पुटितं तालं वातरक्ते महौषधम् ।।८३।।

83. Process the *tāmra bhasma* treated by *haritāla* through *kajjalī* of *pārada* and *gandhaka*. This or the *tāla bhasma* processed through *puṭa* method time and again are very popular drugs for curing *vāta rakta*.

अमृतागुग्गुलुः (भा. प्र.)–
त्रिप्रस्थममृतायाश्च प्रस्थमेकन्तु गुग्गुलोः । प्रत्येकं त्रिफलाप्रस्थं वर्षाभूप्रस्थमेव च ।।८४।।
सर्वमेकत्र संकुट्य साधयेन्नल्वणेऽम्भसि । पुनः पचेत् पादशेषं यावत्सान्द्रत्वमागतम् ।।८५।।
दन्तीचित्रकमूलानां कणाविश्वफलत्रिकम् । गुडूचीत्वग्विडङ्गानां प्रत्येकार्द्धपलं मतम् ।।८६।।

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त्रिवृताकर्षमेकन्तु सर्वमेकत्र चूर्णयेत् । सिद्धे चोष्णे क्षिपेत्तत्र अमृतागुग्गुलुं परम् ।।८७।।
अतो यथाबलं खादेदम्लपित्ती विशेषतः । वातरक्तं तथा कुष्ठं गुदजान्यग्निसादनम् ।।८८।।
दुष्टव्रणं प्रमेहांश्च आमवातं भगन्दरम् । नाड्याढ्यवातं श्वयथुं हन्यात्सर्वामयांस्तथा ।।५९।।
अश्विभ्यां निर्मितश्चायममृताख्यो हि गुग्गुलुः । गुडरमठशुण्ठीनां मांसकूष्माण्डयोरपि ।।
गुडूच्या गुग्गुलोश्चैव प्रस्थः षोडशभिः पलैः ।।९०।।

84-90. Amṛitā Guggulu:

Ingredients: *Amṛitā*, *guggulu*, *harītakī*, *vibhītakī*, *āmalakī*, *varṣābhū*, water, *dantī*, root of *citraka*, *kaṇā*, *viśvā*, *triphalā* herbs, *guḍūcī*, *tvak*, *viḍanga* and *trivṛit*.

Process of Drug-Making: Take the ingredients in the following measures: *amṛitā* (2250 gm.), *guggulu* (750 gm.), *harītakī* (750 gm.), *vibhītakī* (750 gm.), *āmalakī* (750 gm.) and *varṣābhū* (750 gm.). Mortar all these materials together. Decoct this mix in 12 litre of water until it is reduced to one fourth. Further boil the filtered decoction until it becomes semi-solid. Add to this, powders measuring 12 gm. each of *dantī*, root of *citraka*, *kaṇā*, *viśvā*, *triphalā* herbs, *guḍūcī*, *tvak* and *viḍanga* along with 12 gm. of *trivṛit* and churn the preparation thoroughly before removing it from the oven.

(The *prastha*, a unit of measurement, refers to 750 gm. while being used in measurement of jaggery, asafoetida, dried ginger, meat soup, cucumber, *guḍūcī* and *guggulu*.)

Method of use/Administration: This medicine should be taken in doses of 1-5 gm.

Therapeutic benefits: This medicine is especially useful for patients suffering from *āmla pitta* (hyper acidity). It also checks diseases like *vāta rakta*, *kuṣṭha*, *arśa*, *mandāgni*, *duṣṭa vraṇa*, 20 types of *prameha*, *āma vāta*, *bhagandara*, *vāta* problems, *śotha* and the like. In ancient days, the medicine was prescribed by Aśvinī Kumāras.

(*Bhāvaprakāśa*)

रसाभ्रगुग्गुलुः–

कर्षद्वयं पारदस्य लौहं गन्धञ्च तत्समम् । लौहगन्धसमं चाभ्रं गुग्गुलुं कुडवद्वयम् ।।९१।।
अमृताया रसप्रस्थे रसप्रस्थे फलत्रिके । सान्द्रीभूते रसे तस्मिन् गर्भं दत्त्वा विचक्षणः ।।९२।।
त्रिकटु त्रिफला दन्ती गुडूची चेन्द्रवारुणी । विडङ्गं नागपुष्पञ्च त्रिवृता च सुचूर्णितम् ।।९३।।
प्रत्येकं कर्षमादाय सर्वमेकत्र कारयेत् । भक्षयेत् कोलमात्रन्तु छिन्नाक्वाथानुपानतः ।।९४।।
वातरक्तं महाघोरं स्फुटितं गलितं जयेत् । अष्टादशविधं कुष्ठं क्रिमिरोगं तथाऽश्मरीम् ।।९५।।

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भगन्दरं गुदभ्रंशं श्वेतकुष्ठं सकामलम् । अपचीं गण्डमालाञ्च पामाकण्डूविवर्चिकाः ।।
चर्मकीलं महादद्रुं नाशयेन्नात्र संशयः ।।९६।।
वातरक्तविनाशाय धन्वन्तरिकृतः पुरा । रसाभ्रगुग्गुलुः ख्यातो वातरक्तेऽमृतोपमः ।।९७।।

91-97. Rasābhraguggulu:

Ingredients: Purified *pārada*, purified *gandhaka*, *abhraka bhasma*, *guggulu*, dried ginger, *marica*, *pippalī*, *harītakī*, *vibhītaka*, *āmalakī*, root of *dantī*, *guḍūcī*, root of *indrayava*, *vāyaviḍanga*, root of *nāga keśara* and *tṛivṛit*.

Process of Drug-Making: Take purified *pārada* (23 gm.), purified *gandhaka* (23 gm.), *abhraka bhasma* (23 gm.) and *guggulu* (375 gm.). First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix into it the *lauha bhasma*, *abhraka bhasma* and *guggulu*. Mortar all the materials properly. Also obtain the juice of *guḍuchī* measuring 750 ml. and prepare a decoction of the same by boiling it along with water measuring 6 litre. The boiling should continue till the preparation is reduced to one eighth of the original. (In absence of the juice of the plant one could take 750 gm. measure of the dried *guḍuchī*). In similar way, the decoction of the *triphalā* measuring 750 gm. (all the three herbs taken in equal parts) should be prepared.

Following that, combine the both of the decoctions and the above *kajjalī* mixed with the *lauha bhasma*, *abhraka bhasma* and *guggulu*. Cook the recipe together in an iron pan. While cooking the same, one should continue to churn the recipe. When it becomes thick, add into it the powders measuring 12 gm. each of the dried ginger, *marica*, *pippalī*, *harītakī*, *vibhītaka*, *āmalakī*, root of *dantī*, *guḍūcī*, root of *indrayava*, *vāyaviḍanga*, root of *nāga keśara* and *tṛivṛit*. Properly triturate the compound and remove it from stove. Prepare pills measuring 1 gm. and after drying, preserve them in glass bottle. This medicine is known as *Rasābhraguggulu*.

Method of use/Administration: One should consume one pill of the medicine daily with decoction of *guḍūcī*.

Therapeutic benefits: This medicine is capable of curing severe *vāta rakta*, 18 types of *kuṣṭha*, worm diseases, *aśmarī*, *bhagandara*, *guḍa bhramśa*, *śveta kuṣṭha*, jaundice, *apācī*, *gaṇḍamāla*, *pāma*, *kaṇḍu*, *vicarcikā*, *carmakīla* and *mahādadru*. In early days, Dhanvantarī has prepared this medicine which acts as ambrosia in treating *vāta rakta*.

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कैशोरगुग्गुलुः—

वरमहिषलोचनोदरसन्निभवर्णस्यगुग्गुलोःप्रस्थम् ।
प्रक्षिप्यतोयराशौत्रिफलाञ्चयथोरक्तपरिमाणाम् ।।९८।।
द्वात्रिंशच्छिन्नरुहापलानि देयानि यत्नेन ।
विपचेदप्यप्रमत्तो दर्व्या सङ्घट्टयन् मुहुर्यावत् ।।९९।।
अर्द्धक्षपितं तोयं जातं ज्वलनस्य सम्पर्कात् ।
अवतार्य वस्त्रपूतं पुनरपि संसाधयेत् पात्रे ।।१००।।
सान्द्रीभूतेतस्मिन्नवतार्यहिमोपलप्रख्ये ।
त्रिफलाचूर्णार्द्धपलं त्रिकटोश्चूर्णं षडक्षपरिमाणम् ।।१०१।।
क्रिमिरिपुचूर्णार्द्धपलंकर्षंकर्षंत्रिवृद्दन्त्योः ।
अमृतायाः पलमेकं सर्पिषश्च पलाष्टकं क्षिपेदमलम् ।।१०२।।
उपयुज्य चानुपानं यूषं क्षीरं सुगन्धिसलिलञ्च ।
इच्छाहारविहारी भेषजमुपयुज्य सर्वकालमिदम् ।।१०३।।
तनुरोधि वातशोणितमेकजमथ द्वन्द्वजं चिरोत्थञ्च ।
जयति स्रुतं परिशुष्कं स्फुटितं चाजानुजञ्चापि ।।१०४।।
व्रणकासकुष्ठगुल्मश्वयथूदरपाण्डुरोगमेहांश्च ।
मन्दाग्निञ्च विबन्धं प्रमेहपिडकाञ्च नाशयत्याशु ।।१०५।।
सततं निषेव्यमाणः कालवशाद्धन्ति सर्वगदान् ।
अभिभूय जरादोषं करोति कैशोरकं रूपम् ।।१०६।।
प्रत्येकं त्रिफलाप्रस्थो जलमत्र षडाढकम् ।
गुडवद् गुग्गुलोः पाकः सबन्धस्तु विशेषतः ।।१०७।।
पाकायत्तं फलं पाके क्वाथे पाकप्रधानता ।
तस्मात्क्वाथविधौ नित्यं यतितव्यं चिकित्सकैः ।।१०८।।

98-108. Kaiśora Guggulu:

Ingredients: *Guggulu* (which has the colour of the eye of the buffalo), water, *triphalā* herbs (separately), *guḍūcī*, *triphalā* powder, *tṛikaṭu* powder, *viḍanga* powder, *trivṛit* powder, *dantī* powder and *guḍūcī* powder.

Process of Drug-Making: Obtain 750 ml. of *guggulu* and mix it in water measuring 18 litres. To this, add 750 gm. each of *triphalā* herbs (separately) and 375 gm. of *guḍūcī*. Cook all of them together by pouring *triphalā* herbs into water. Pack the *guggulu* in a piece of cloth and hang the pack so as it remain submerged in the preparation. While cooking, frequently stir the preparation with the help of a spoon. When half of the water remains, remove the vessel from the oven, unpack the *guggulu* and mix it into the preparation. Keep the filtrate in an iron container and boil it again. Remove the container from the oven when it becomes

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condensed. Thereafter, add 23 gm. of *triphalā* powder, 23 gm. of *trikaṭu* powder, 23 gm. of *viḍanga* powder, 12 gm. of *trivṛit* powder, 12 gm. of *dantī* powder and 46 gm. of *guḍūcī* powder to the cooled preparation. Add 375 gm. of *ghṛitam* to the preparation. Carefully mix the same and store this in a jar smeared with cow's *ghṛitam*. Keep the jar in a safe place.

In this recipe 750 gm. of each of *harītakī*, *vibhītakī* and *āmalakī*, and 18 litres of water should be added. It should be cooked on the line prescribed for *guḍa pāka*. The only difference is that while the *guḍa pāka* results in a liquid form, the *guggulu pāka* results in a thick recipe. However, the physicians should take proper care in preparing the *pāka*.

Method of use/Administration: After offering prayer to the gods, this medicine should be taken in doses of 1-5 gm. depending upon the power of digestion of the patient and seriousness of the disease.

As *anupāna* (post-medicinal drink), *yūṣa* (soup prepared out of grains and pulses), water or fragrant water should be used. The patient can take food and resort to regimens as per his desires. This medicine can be used in all seasons.

Therapeutic benefits: It cures *vāta rakta* caused by one *doṣa* and simultaneous aggravation of two *doṣas* as well as three *doṣas*, even if the condition is chronic and even if is associated with complications like exudation, dryness and cracking of knee joints. It also cures ulcers, *kāsa* (coughs), *kuṣṭha* (skin diseases including leprosy), *gulma* (phantom tumour), edema, *udara* (abdominal diseases including ascites), anemia, *meha* (obstinate urinary disorders including diabetes), *mandāgni* (suppression of the power of digestion), constipation and diabetic carbuncles immediately. If used constantly, it cures all the diseases, prevents aging and maintains youth.

(Cakradatt)

पुनर्नवागुग्गुलुः–

पुनर्नवामूलशतं विशुद्धं रुवूकमूलञ्च तथा प्रयोज्य ।
दत्त्वा पलं षोडशकञ्च शुण्ठ्याः संकुट्य सम्यग्विपचेद् घृतेऽपाम् ।।१०९।।
पलानि चाष्टावथ कौशिकस्य तेनाष्टशेषेण पुनः पचेत्तु ।
एरण्डतैलं कुडवञ्च दद्याद् दत्त्वा त्रिवृच्चूर्णपलानि पञ्च ।।११०।।
निकुम्भचूर्णस्य पलं गुडूच्याः पलद्वयं चार्द्धपलं पलं वा ।
फलत्रयत्र्यूषणचित्रकाणि सिन्थूत्थभल्लातविडङ्गकानि ।।१११।।

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कर्षं तथा माक्षिकधातुचूर्णं पुनर्नवायाः पलमेव चूर्णम् ।
चूर्णानि दत्त्वा ह्यवतार्य शीते खादेन्नरो माषत्रयप्रमाणम् ।।११२।।
वातासृजं वृद्धिगदञ्च सप्त जयत्यवश्यं त्वथ गृध्रसीञ्च ।
जङ्घोरुपृष्ठत्रिकबस्तिजञ्च तथामवातं प्रबलञ्च शीघ्रम् ।।११३।।

109-113. Punarnavā Guggulu:

Ingredients: Root of *punarnavā*, root of *eraṇḍa*, dried ginger, water, purified *guggulu*, oil of *eraṇḍa*, roots of *tṛivṛit*, roots of *dantī*, *guḍūcī*, *tṛiphalā*, *tṛikaṭu*, root of *citraka*, rock salt, purified *bhallātaka*, *vāyaviḍanga*, *svarṇamākṣika bhasma* and root of *punarnavā*.

Process of Drug-Making: Take root of *punarnavā* (5 kg.), root of *eraṇḍa* (5 kg.), dried ginger (750 gm.) and churn them properly. Put this compound in water measuring 12 litre and prepare decoction according to *aṣṭamānśavaśiṣṭa* method (i.e. the boiling should continue till the preparation is reduced to one -eighth of the original amount). Filter this decoction and mix into it 375 gm. measure of purified *guggulu* and cook the same. When the recipe is about to be cooked, add to it oil of *eraṇḍa* (measuring 187 ml.) and powders of the following: roots of *tṛivṛit* (230 gm.), roots of *dantī* (46 gm.), *guḍūcī* (93 gm.), *tṛiphalā* (23 gm.), *tṛikaṭu* (23 gm. each), root of *citraka* (23 gm.), rock salt (46 gm.), purified *bhallātaka* (46 gm.) and *vāyaviḍanga*(46 gm.), *svarṇamākṣika bhasma* (12 gm.) and root of *punarnavā* (46 gm.). Remove the pan when it is properly cooked. Prepare pills measuring 1-3 gm. each and after drying, preserve them in glass bottle.

Method of use/Administration: This medicine is called as *Punarnavā Guggulu* and it should be consumed daily in doses of 12 gm.

Therapeutic benefits: This medicine is very effective in curing *vāta rakta*, *vṛiddhi*, *gṛidharasī* and severe *āmavāta* in thighs, back, *tṛika* and the lower abdomen.

(*Bhāvaprakāśa*)

अमृतागुग्गुलुर्द्वितीयः (भा. प्र.)–
प्रस्थमेकंगुडूच्यास्तुह्यर्द्धप्रस्थं च गुग्गुलोः । प्रत्येकं त्रिफलायाश्च ततप्रमाण विनिर्दिशेत् ।।११४।।
सर्वमेकत्र संक्षुद्य साधयेत्त्वर्मणोऽम्भसि । पादशेषं परिस्राव्य पुनरग्नावधिश्रयेत् ।।११५।।
पुनः पचेत्कषायं तं यावत्सान्द्रत्वमागतम् । दन्तीव्योषविडङ्गानि गुडूची त्रिफलात्वचः ।।११६।।
ततश्चार्द्धपलं पूतं गृह्णीयाच्च प्रति प्रति । कर्षं तु त्रिवृतायास्तु सर्वमेकत्र कारयेत् ।।११७।।
तस्मिन्सुसिद्धंविज्ञायकवोष्णेप्रक्षिपेद्बुधः । ततश्चाग्निबलं ज्ञात्वा तस्य मात्रां प्रदापयेत् ।।११८।।

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वातरक्तं तथा कुष्ठं गुदजान्यग्निसादनम् । दुष्टव्रणं प्रमेहांश्च सामवातं भगन्दरम् ।।११९।।
नाड्याढ्यवातश्वयथून्सर्वानितान्व्यपोहति । अश्विभ्यांनिर्मितःपूर्वममृताख्यो हि गुग्गुलुः ।।१२०।।
अर्द्धप्रस्थं त्रिफलायाः प्रत्येकमिह गृह्यते ।।१२१।।

114-121. Amṛitā Guggulu (Second Recipe):

Ingredients: *Guḍūcī*, *guggulu*, *harītakī*, *vibhītakī*, *āmalakī*, water, *dantī*, *vyoṣa*, *viḍanga*, *guḍūcī*, pulp of *triphalā*, *trivṛit*.

Process of Drug-Making: Obtain the following: *guḍūcī* (750 gm.), *guggulu* (375 gm.), *harītakī* (375 gm.), *vibhītakī* (375 gm.) and *āmalakī* (375 gm.). Make these herbs into small pieces and boil them in 13 litre of water until it is reduced to one fourth. Filter this reduced decoction. Further boil the filtered decoction until it becomes semi-solid. Subsequently, remove the cooked preparation. When the recipe is cooled add to it the powders measuring of 23 gm. each of *dantī*, *vyoṣa*, *viḍanga*, *guḍūcī* and pulp of *triphalā* along with 12 gm. of *trivṛit*.

Method of use/Administration: This medicine is to be taken in doses of 1-5 gm. depending upon the power of digestion of the patient.

Therapeutic benefits: This medicine cures *vāta rakta*, *kuṣṭha*, piles, suppression of the powder of digestion, chronic ulcer, *prameha* (obstinate urinary disorder including diabetes), *vāta roga*, fistula-in-ano, *ādhya vāta* (osteo-arthritis or stiffness of thighs) and edema. In the days of antiquity, this recipe was propounded by the Aśvins.

(*Bhāvaprakāśa*)

योगसारामृतम् (च. द.)–

शतावरी नागबला वृद्धदारकमुच्चटा ।।१२२।।
पुनर्नवाऽमृताकृष्णावाजिगन्धात्रिकण्टकम् ।।१२३।।
पृथग्दशपलान्येषां श्लक्ष्णचूर्णानि कारयेत् । तदर्धशर्करायुक्तं चूर्णं संमर्दयेद् बुधः ।।१२४।।
स्थापयेत् सुदृढे भाण्डे मध्वर्द्धाढकसंयुतम् । घृतप्रस्थेन चालोढ्य त्रिसुगन्धिपलेन तु ।।१२५।।
तं खादेदिष्टचेष्टात्मा यथावह्निबलं नरः । वातरक्तं क्षयं कुष्ठं काश्यं पित्तास्रसंभवम् ।।१२६।।
वातपित्तकफोत्थांश्च रोगानन्यांश्च तद्विधान् । हत्वा करोति पुरुषं वलीपलितवर्जितम् ।।१२७।।
योगसारामृतं नाम लक्ष्मीकान्तिविवर्द्धनम् ।।१२८।।

122-128. Yogasārāmṛitam:

Ingredients: *Śatāvarī*, *nāgabalā*, *vṛiddhadāra*, *uccaṭa*, *punarnavā*, *amṛitā*, *kṛiṣṇā*, *vājigandha*, *trikaṇṭaka*, sugar powder, honey, *ghṛitam* and *trisugandhi*.

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Process of Drug-Making: 500 gm. each of *śatāvarī*, *nāgabalā*, *vṛiddhadāra*, *vacaṭa*, *punarnavā*, *amṛitā*, *kṛiṣṇā*, *vajigandha* and *ṭṛikañṭaka* should be thoroughly powdered. To this, 4500 gm. of the sugar powder should be added and the compound should be kept in a strong vessel along with the 1500 ml. of honey, 750 ml. of *ghṛitam* and 46 gm. each of *ṭṛisugandhi* herbs.

Method of use/Administration: This should be taken by the patient in doses of 10-20 gm. (as per his power of digestion). While using this medicine, the patient can resort to the food and regimen according to his choice.

Therapeutic benefits: This cures *vāta rakta* (gout), consumption, *kuṣṭha* (skin diseases including leprosy), emaciation, *rakta pitta* (a condition characterized by bleeding from different parts of the body) and other diseases caused by the vitiation of *kapha*. It makes the person free from premature wrinkles and gray-hairs. The drug promotes auspiciousness and complexion.

(Cakradatt)

गुडूचीघृतम्–

गुडूचीक्वाथकल्काभ्यांसपयस्कंश्रृतंघृतम् । हन्ति वातं तथा रक्तं कुष्ठं जयति दुस्तरम् ।।१२९।।

129. Guḍūcī Ghṛitam:

Ingredients: Decoction of *guḍūcī*, *kalka* of *guḍūcī*, cow milk and pure cow's *mūrcchita ghṛitam*.

Process of Drug-Making: Get decoction of *guḍūcī* (around 4 litres), *kalka* of *guḍūcī* (around 250 ml.), cow milk (around 4 litres) and cow's *mūrcchita ghṛitam* (around 1 litre). Cook all these materials in a pan on a slow heat and obtain *ghṛitam* out of it.

Therapeutic benefits: This medicine is known as *Guḍūcī Ghṛitam* and it cures severe *vāta rakta* and *kuṣṭha* (skin diseases including leprosy).

(Cakradatt)

शतावरीघृतम्–

शतावरीकल्कगर्भं रसे तस्याश्चतुर्गुणे । क्षीरतुल्यं घृतं पक्वं वातशोणितनाशनम् ।।१३०।।

130. Śatāvarī Ghṛitam:

Ingredients: *Mūrcchita Ghṛitam*, *kalka* of *śatāvarī*, juice of *śatāvarī* and milk.

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Process of Drug-Making: Cook *mūrcchita ghṛitam* measuring one litre along with *kalka* of *śatāvarī* measuring one quarter litre, juice of *śatāvarī* (four litres) and four litre of milk.

Therapeutic benefits: This medicated *ghṛitam* cures *vāta rakta.*

(Cakradatt)

अमृताद्यं घृतम्–

अमृता मधुकं द्राक्षा त्रिफला नागरं बला । वासाऽऽरग्वधबृश्चीरदेवदारुत्रिकण्टकम् ।।१३१।।
कटुका सवरी कृष्णा काश्मर्यस्य फलानि च । रास्नाक्षुरकगन्धर्ववृद्धदारघनोत्पलैः ।।१३२।।
कल्कैरेभिःसमैःकृत्वा सर्पिःप्रस्थं विपाचयेत् । धात्रीरससमं दत्त्वा वारि त्रिगुणसंयुतम् ।।१३३।।
सम्यक् सिद्धन्तु विज्ञाय भोज्यपाने प्रशस्यते । बहुदोषान्वितं वातं रक्तेन सह मूर्च्छितम् ।।१३४।।
उत्तानञ्चाषि गम्भीरं त्रिकजङ्घोरुजानुजम् । क्रोष्टुशीर्षे महाशूले चामवाते सुदारुणे ।।१३५।।
वातरोगोपसृष्टस्य वेदनाञ्चापि दुस्तराम् । मूत्रकृच्छ्रमुदावर्त्तं प्रमेहं विषमज्वरम् ।।
एतान् सर्वान्निहन्त्याशु वातपित्तकफोद्भवान् ।।१३६।।
सर्वकालोपयोगेन वर्णायुर्बलवर्धनम् । अश्विभ्यां निर्मितं श्रेष्ठं घृतमेतदनुत्तमम् ।।१३७।।

131-137. Amṛitādyam Ghṛitam:

Ingredients: *Amṛitā*, *madhuka*, *drākṣā*, *triphalā*, *nāgara*, *balā*, *vāsa*, *āragvadha*, root of white *punarnavā* (*vriścīra)*, *devadāru*, *trikañṭaka*, *kaṭuka*, *sarvarī*, *kṛiṣṇā*, fruits of *kāśmarya*, *rāsnā*, *kṣuraka*, *gandharva*, *vṛidhadāra*, *ghana*, *vanotpala*, *mūrcchita ghṛitam*, juice or decoction of *āmalakī* fruits and water.

Process of Drug-Making: Raise a mix of the following herbs taken in equal parts (9 gm. each): *amṛitā*, *madhuka*, *drākṣā*, *triphalā*, *nāgara*, *balā*, *vāsa*, *āragvadha*, root of white *punarnavā* (*vriścīra)*, *devadāru*, *trikañṭaka*, *kaṭuka*, *sarvarī*, *kṛiṣṇā*, fruits of *kāśmarya*, *rāsnā*, *kṣuraka*, *gandharva*, *vṛidhadāra*, *ghana* and *vanotpala*. Prepare a *kalka* out these materials. Combine this *kalka* with *mūrcchita ghṛitam* (750 ml.) and juice or decoction of *āmalakī* fruits (750 ml.) along with 3 litre of water. Cook the preparation methodologically to obtain the medicated *ghṛitam.*

Method of use/Administration: This medicated *ghṛitam* should be used along with food and also separately as a drink.

Therapeutic benefits: It cures *vāta rakta* associated with excessively aggravated *doṣas*, superficial type of *vāta rakta*, deep-seated type of *vāta rakta* and *vāta rakta* afflicting *ṭrika* (lumbo-ascral joint), thighs as well as the knee

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joints. It also cures *kroṣṭuśīrṣaka* (arthritis of knee joint), acute colic pain, serious type of *āma vāta* (*vāta roga*), acute-pain caused by the affliction of *vāta*, dysuria, *udāvarta* (distension of abdomen associated with upward movement of wind), *prameha* (obstinate urinary disorders including diabetes) and *viṣam jvara* (irregular fever)– caused by *doṣas* like *vāta*, *pitta* and *kapha*. If taken regularly, it promotes complexion, longevity and strength. It is an excellent recipe that has been propounded by the Aśvins.

(Cakradatt)

गुडूचीतैलं लघु–

गुडूचीक्वाथकल्काभ्यांतैलंसिद्धंपयःसमम् । वातरक्तंनिहन्त्याशुनात्र कार्या विचारणा ।।१३८।।
एकजं द्वन्द्वजञ्चैव तथैव सान्निपातिकम् । नाशयेत्तिमिरं घोरं गुडूचीतैलमुत्तमम् ।।१३९।।

138-139. Guḍūcī Tailam (Minor Recipe):

Ingredients: *Mūrcchita* sesame oil, decoction and *kalka* of *guḍūcī* and milk.

Process of Drug-Making: Cook on a slow heat *mūrcchita* sesame oil (1 litre) along with the decoction and *kalka* of *guḍūcī* (4 litre and 250 gm. respectively), milk (1 litre) and water (4 litres).

Therapeutic benefits: This medicated *tailam* cures *vāta rakta* and *vāta rakta* caused due to vitiation of one, two or all the three *doṣas*. It also checks severe types of *timira roga*.

गुडूचीतैलम् बृहद्–

शतं छिन्नरुहायाश्च जलद्रोणे विपाचयेत् । तेन पादावशेषेण तैलप्रस्थं विपाचयेत् ।।१४०।।
क्षीरंचतुर्गुणंदद्यात्कल्कानेतान्प्रयत्नतः । अश्वगन्धाविदारी च काकोल्यौ हरिचन्दनम् ।।१४१।।
शतावरीचातिबलाश्वदंष्ट्रा बृहतीद्वयम् । क्रिमिघ्नं त्रिफला रास्ना त्रायमाणा च शारिवा ।।१४२।।
जीवन्तीग्रन्थिकंव्योषंवागुजीभेकपर्णिका । विशाला ग्रन्थिपर्णञ्च मञ्जिष्ठो चन्दनं निशा ।।१४३।।
शताह्वा सप्तपर्णी च कार्षिकाण्यथ कल्पयेत् । पानाभ्यञ्जननस्येषु वातरक्ते प्रयोजयेत् ।।१४४।।
वातरक्तमुदावर्त्तं कुष्ठान्यष्टादशैव च । हनुस्तम्भं प्रमेहञ्च कामलां पाण्डुतां जयेत् ।।१४५।।
विस्फोटञ्च विसर्पञ्च नाडीव्रणभगन्दरम् । विचर्चिकां गात्रकण्डूं पाददाहं विशेषतः ।।१४६।।
एतत्तैलवरं श्रेष्ठं वलीपलितनाशनम् । आत्रेयनिर्मितं चैव बलवर्णकरं स्मृतम् ।।१४७।।

140-147. Guḍūcī Tailam (Major Recipe):

Ingredients: *Guḍūcī*, water, *mūrcchita* sesame oil, cow milk, *aśvagandhā*, *vidārīkanda*, *kākolī*, *kṣīrakākolī*, white sandalwood, *śatāvarī*, root of *atibalā*, *gokṣura*, smaller *kaṇṭakārī*, bigger *kaṇṭakārī*, *vāyaviḍanga*, *haraḍa*, *vibhītaka*, *āmalakī*, *rāsnā*, *trāyamāṇā*, *sārivā*, *jīvantī*, *pippalīmūla*, dried ginger, *pippalī*,

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vākucī, *manḍukaparṇī*, *indravāruṇī*, *granthiparṇa*, *manjiṣṭhā*, red sandalwood, *haridrā*, aniseeds and bark of *saptaparṇa*.

Process of Drug-Making: Take *guḍūcī* measuring 5 kg. and decoct it with 13 litre measure of water. Decoct it till the original quantity is reduced to one fourth. Also take *mūrcchita* sesame oil (750 ml.) and cow milk (3 litres). Prepare a *kalka* of the following materials measuring 20 gm. each: *aśvagandhā*, *vidārīkanda*, *kākolī*, *kṣīrakākolī*, white sandalwood, *śatāvarī*, root of *atibalā*, *gokṣura*, smaller *kaṇṭakārī*, bigger *kaṇṭakārī*, *vāyaviḍanga*, *haraḍa*, *vibhītaka*, *āmalakī*, *rāsnā trāyamāṇā*, *sārivā*, *jīvantī*, *pippalīmūla*, dried ginger, *pippalī*, *vākucī*, *manḍukaparṇī*, *indravāruṇī*, *granthiparṇa*, *manjiṣṭhā*, red sandalwood, *haridrā*, aniseeds and bark of *saptaparṇa*). Put decoction, oil, milk and *kalka* in a bronze pan and cook it to get medicinal oil.

Method of use/Administration: This medicinal oil should be used through *pān* therapy, *abhyanga* therapy and nasal therapy to cure *vāta rakta*.

Therapeutic benefits: This oil cures *vāta rakta*, *udāvarta*, *aṣṭadaśa kuṣṭha*, *hanustambha*, *prameha* (i.e. urinary disorders including diabetes), jaundice, *pāṇḍu*, *visphoṭaka*, *visarpa*, burning sensation in legs and *valipalit* diseases. This oil has been prepared by Atreya Bhagwan and is known as *Bṛihad Guḍūcī*. This oil increases strength and complexion of body.

गुडूचीतैलं बृहद् द्वितीयम् (च. द.)–

तुलां पचेज्जलद्रोणे गुडूच्याः पादशेषितम् । क्षीरद्रोणं च ताभ्यां तु पचेत्तैलाढकं शनैः ।।१४८।।
कल्कैर्मधुकमञ्जिष्ठाजीवनीयगणास्तथा । कुष्ठैलागुरुमृद्वीका मांसी व्याघ्रनखं नखी ।।१४९।।
हरेणुःस्त्राविणीव्योषंशताह्वाभृङ्गशारिवे । त्वक्पत्रे वचविक्रान्ता स्थिरा चामलकी तथा ।।१५०।।
नतं केशरह्रीबेर-पद्मकोत्पलचन्दनम् । सिद्धं कर्षसमैर्भागैः पानाभ्यङ्गानुवासनैः ।।१५१।।
परं वातास्रजान् हन्ति सर्वजानन्तरास्थितान् । धन्यं पुंसवनं स्त्रीणां गर्भदं वातपित्तनुद् ।।१५२।।
स्वेदकण्डूरुजापामाशिरःकम्पार्दितामयान् । हन्याद्व्रणकृतान् दोषान् गुडूचीतैलमुत्तमम् ।।१५३।।

148-153. Guḍūcī Tailam (Major Variety, Second Recipe):

Ingredients: *Guḍūcī*, water, cow milk, *mūrcchita* sesame oil, *madhuka*, *manjiṣṭhā*, herbs of *jīvanīya* group (*jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *ṛiddhi*, *vṛiddhi*, *madhuyaṣṭī*, *jīvantī*, *mudgaparṇī*, *māṣaparṇī*), *kuṣṭha*, smaller cardamom, *agara*, raisins, *jaṭāmānsī*, *vyāghranakha*, *nakhī*, seeds of *sambhālu*, *mahāsrāvaṇikā*, dried ginger, *marica*, *pippalī*, aniseeds, *bhṛingarāja*,

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śārivā, cinnamon bark, cassia leaves, *vacā*, *vārāhakrāntā*, *śālaparṇī*, *āmalakī*, *tagara*, *nāga keśara*, *sugandhabālā*, *padmākha*, *nīlotpala* and red sandalwood.

Process of Drug-Making: Take *guḍūcī* measuring 5 kg. and decoct it with 12 litre measure of water. Filter the decoction with cloth. Add cow milk (12 litres) and *mūrcchita* sesame oil (3 litres) to the decoction. Prepare *kalka* from the following materials measuring 12 gm. each: *madhuka*, *manjiṣṭhā*, herbs of *jīvanīya* group (*jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *ṛiddhi*, *vṛiddhi*, *madhuyaṣṭī*, *jīvantī*, *mudgaparṇī*, *māṣaparṇī*), *kuṣṭha*, smaller cardamom, *agara*, raisins, *jaṭāmānsī*, *vyāghranakha*, *nakhī*, seeds of *sambhālu*, *mahāsrāvaṇikā*, dried ginger, *marica*, *pippalī*, aniseeds, *bhṛingarāja*, *śārivā*, cinnamon bark, cassia leaves, *vacā*, *vārāhakrāntā*, *śālaparṇī*, *āmalakī*, *tagara*, *nāga keśara*, *sugandhabālā*, *padmākha*, *nīlotpala* and red sandalwood.Mix this *kalka* in the above decoction and cook all the ingredients together as per the method of preparing the medicinal oil.

Method of use/Administration: This oil is used through drinking, massaging and *anuvāsanabasti*.

Therapeutic benefits: This medicinal oil cures disorders of *doṣas* and severe *vāta rakta*. It helps the females to have proper pregnancy by restoring their *rajodoṣa*. It also cures *vāta* and *pitta*. This medicinal oil is known as *Guḍūcī Taila* and cures disorders caused due to *svedādhikya*(excessive sweating), *kanḍu*, *ruja* (pain), *pāma*, *śirahkampa*, *ardita* and *vraṇa*.

(Cakradatt)

महारुद्रगुडूचीतैलम्–

अमृतायास्तुलां सम्यग् जलद्रोणे विपाखयेत् । पिचुमर्दत्वचं क्षुण्णां भाजनप्रमितां तथा ।।१५४।।
जलद्रोणेविनिष्क्वाथ्य ग्राह्यं पादावशेषितम् । प्रस्थञ्च कटुतैलस्य गोमूत्रञ्चापि तत्समम् ।।१५५।।
अमृता वाकुची कुम्भी करवीरं फलत्रिकम् । दाडिमं निम्बबीजञ्च रजन्यौ बृहतीद्वयम् ।।१५६।।
नागबला त्रिकटुकं पत्रं मांसी पुनर्नवा । ग्रन्थिकं विकसाऽश्वाह्वा शतपुष्पा च चन्दनम् ।।१५७।।
शारिवे द्वे सप्तपर्णो गोमयस्य रसस्तथा । एषां कर्षमितैर्भागैः साधयेन्मृदुनाऽग्निना ।।१५८।।
वातरक्तं निहन्त्याशु सर्वोपद्रवसंयुतम् । कुष्ठञ्चाष्टादशविधं विसर्पञ्च व्रणमयम् ।।
महारुद्रगुडूच्याज्यं तैलं भुवनदुर्लभम् ।।१५९।।

154-159. Mahārudraguḍūcī Tailam:

Ingredients: *Guḍūcī*, water, pounded barks of *neem*, *mūrcchita* sesame oil, cow's urine, juice of cow dung, *guḍūcī*, *vākucī*, root of *dantī* (*kumbhī*), root of

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karavīra, *haraḍa*, *vibhītaka*, *āmalakī*, pomegranate seeds or bark of pomegranate, seed pulp of *neem*, *haridrā*, *dāru haridrā*, smaller *kaṇṭakārī*, bigger *kaṇṭakārī*, root of *nāgabalā*, dried ginger, *pippalīmūla*, *vikasā*(*manjiṣṭhā*), *aśvagandhā* (*aśvāhvā*), aniseeds, red sandalwood, white *sārivā*, black *sārivā* and *saptaparṇa*.

Process of Drug-Making: Take *guḍūcī* measuring from 5 kg. and decoct it with 12 litre measure of water. Decoct it till the quantity is reduced to one fourth. Filter the decoction. Similarly, take pounded barks of *neem* (3 kg.) and decoct it along with water (12 litres). Filter the decoction when the originally quantity is reduced to one fourth. Take *mūrcchita* sesame oil (750 ml.) and same quantity of cow's urine i.e. 750 ml. Put all these four ingredients together in an earthen pot.

Prepare *kalka* of the following materials (each measuring 12 gm.) by triturating them in the juice of cow dung (12 ml.): *guḍūcī*, *vākucī*, root of *dantī* (*kumbhī*), root of *karavīra*, *haraḍa*, *vibhītaka*, *āmalakī*, pomegranate seeds or bark of pomegranate, seed pulp of *neem*, *haridrā*, *dāru haridrā*, smaller *kaṇṭakārī*, bigger *kaṇṭakārī*, root of *nāgabalā*, dried ginger, *pippalīmūla*, *vikasā*(*manjiṣṭhā*), *aśvagandhā* (*aśvāhvā*), aniseeds, red sandalwood, white *śārivā*, black *sārivā* and *saptaparṇa*.

Put this *kalka* in the above mentioned earthen pot. Cook all the ingredients together according to prescribed method and filter it later.

Therapeutic benefits: This is one of the rare medicinal oil that possess the capacity to cure all types of *vāta rakta*, 18 types of *kuṣṭha* (skin diseases including leprosy) and disorders of *vraṇa*.

महापिण्डतैलम्–

अमृतायाः पलशतं सोमराजीतुलां तथा । प्रसारण्याः पलशतं जलद्रोणे पृथक् पचेत् ।।१६०।।
पादशेषं गृहीत्वा च तैलप्रस्थं पचेद्भिषक् । क्षीरं चतुर्गुणं दत्त्वा मन्दमन्देन वह्निना ।।१६१।।
पिण्डशालजनिर्यासंसिन्युवारफलत्रयम् । विजयाबृहतीदन्तीकक्कोलकपुनर्नवाः ।।१६२।।
वह्निग्रन्थिककुष्ठानि निशे द्वे चन्दनद्वयम् । पूतिपूतीकसिद्धार्थवाकुचीचक्रमर्दकम् ।।१६३।।
वासानिम्बपटोलानि वानरीबीजमेव च । अश्वाह्वा सरलं सर्वं प्रतिकर्षमितं पचेत् ।।१६४।।
एतत्तैलवरं हन्ति वातरक्तमसंशयम् । कुष्ठमष्टादशविधं ग्रन्थिवातं सुदारुणम् ।।१६५।।
कायग्रहञ्चामवातं भगन्दरगुदामयम् । ज्वरमष्टविधं हन्ति मर्दनान्नात्र संशयः ।।१६६।।

160-166. Mahāpinḍa Tailam:

Ingredients: *Guḍūcī*, water, decoctions of plant *vākucī* and *prasāraṇī* (containing their roots, leaves and branches), *mūrcchita* sesame oil, cow's milk,

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piṇḍa (*sihlak*), *sarja rasa* (*śalajaniryāṣa*), root of *nirgunḍī*, *haraḍa*, *vibhītaka*, *āmalakī*, *vijayā*, root of bigger *kañṭakārī*, root of *dantī*, *kakkola*, root of *punarnavā*, root of *citraka*, *pippalīmūla*, *kuṣṭha*, *haridrā*, *dāru haridrā*, white and red sandalwood, *gandhamarjārāṇḍa* or *khattaśa* (*puti*), bark of *karañja* (*putīka*) plant's root or seed pulp of the plant, white mustard, *vākucī*, root or seeds of *cakramarda*, root of *aḍuṣā*, bark of *neem*, leaves of *paṭola*, fresh seed pulp of *vānarī*, *aśvagandhā* and the *saralakasttha*.

Process of Drug-Making: Take *guḍūcī* measuring 5 kg. and decoct it with 12 litre measure of water. Decoct it till the original quantity is reduced to one fourth andsubsequently filter the preparation. Similarly, prepare two separate decoctions of plant *vākucī* (5 kg.) and *prasāraṇī* (5 kg.) (both containing their roots, leaves and branches). Filter them when their original quantity is reduced to one fourth.

Also take *mūrcchita* sesame oil (750 ml.) and cow's milk (3 litres).

Prepare *kalka* of the following materials (each measuring 12 gm.): *piṇḍa* (*sihlak*), *sarja rasa* (*śalajaniryāṣa*), root of *nirgunḍī*, *haraḍa*, *vibhītaka*, *āmalakī*, *vijayā*, root of bigger *kañṭakārī*, root of *dantī*, *kakkola*, root of *punarnavā*, root of *citraka*, *pippalīmūla*, *kuṣṭha*, *haridrā*, *dāru haridrā*, white and red sandalwood, *gandhamarjārāṇḍa* or *khattaśa* (*puti*), bark of *karañja* (*putīka*) plant's root or seed pulp of the plant, white mustard, *vākucī*, root or seeds of *cakramarda*, root of *aḍuṣā*, bark of *neem*, leaves of *paṭola*, fresh seed pulp of *vānarī*, *aśvagandhā* and the *saralakasttha*.

Cook all the decoctions, oil and the *kalka* together and thus obtain the medicinal oil.

Method of use/Administration: This oil should be used for massaging.

Therapeutic benefits: This medicinal oil is known as *Mahāpinḍa Tail* and it cures 18 types of *kuṣṭha* (skin diseases including leprosy), severe *granthivāta*, stiffness in body, *āmavāta*, *bhagandara*, piles and eight types of fever.

विषतिन्दुकतैलम्–

विषतरुफलमज्जप्रस्थयुग्मञ्च शिग्रुस्वरसलकुचवारिप्रस्थमेकैकशश्च ।
कनकवरुणचित्रापत्रनिर्गुण्डिकास्नुक्स्वरसतुरगगन्धावैजयन्तीरसश्च ।।१६७।।
पृथगिति परिकल्प्य प्रस्थयुग्मेन युग्मं–विषतरुफलमज्जातुल्यतैलं विपक्वम् ।
लशुनसरलयष्टीकुष्ठसिन्थूत्थयुग्मं–दहनतिमिरकृष्णाकल्कयुक्तं सुसिद्धम् ।।१६८।।
हरति सकलवातं घोररूपं ह्यसाध्यं–प्रतिदिनमुपलेपात् सुप्तवातस्य जन्तोः ।

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कुष्ठमष्टादशविधंद्विविधंवातशोणितम् । वैवर्ण्यं त्वग्गतान् दोषान् नाशयत्याशु मर्दनात् ।।१६९।।

167-169. Viṣatinduka Tailam:

Ingredients: Peeled *viṣamuṣṭi* (*viṣataru phalā*), water juices of *śigru*, *lakuca* and *dhatturā*, bark of *varuṇā* plant, dried *citraka*-leaves, fresh leaves of plant *nirgundī* and *snuhī*, *aśvagandhā*, leaves of *jayantī* plants, *mūrcchita* sesame oil, garlic pearls, raisin, *kuṣṭha*, rock salt, *viḍa lavaṇa*, root of *citraka*, *haridrā* and small pepper.

Process of Drug-Making: Get peeled *viṣamuṣṭi* (*viṣataru phalā*) (1.5 kg.) and water (16 litres). Decoct these until the original quantity is reduced to 4 litre. Obtain 750 ml. measurement of juice each of *śigru*, *lakuca* and 1500 ml. each of *dhatturā*, bark of *varuṇā* plant and *citraka*-leaves. Decoct these in water measuring 16 litre till the quantity is reduced to a quarter. Prepare a third decoction involving 1500 ml. juices of each of fresh leaves of plant *nirgundī* and *snuhī*. Finally, prepare decoctions of *aśvagandhā* and leaves of *jayantī* plants each measuring 1500 gm. Then take 1500 ml. measure of *mūrcchita* sesame oil and 375 ml. measure of the *kalka* of each of the following in equal parts: garlic pearls, raisin, *kuṣṭha*, rock salt, *viḍa lavaṇa*, root of *citraka*, *haridrā* and small pepper. Mix all the above ingredients together and cook the oil properly.

Method of use/Administration: The oil should be applied through *abhyanga* method.

Therapeutic benefits: This medicinal oil is capable of curing all major diseases including incurable *vāta* disorders, *suptavāta*, 18 types of *kuṣṭha* (skin diseases including leprosy), *dvidha* (*uttan* and severe) *vāta raktas*, discoloured complexion and all skin diseases.

रुद्रतैलम्–

पुनर्नवा निशा निम्बं वार्त्ताकुर्बृहतीत्वचम् । कण्टकारी करञ्जश्च निर्गुण्डी वृषमूलकम् ।।१७०।।
अपामार्गं पटोलञ्च धुस्तूरं दाडिमीफलम् । जयन्तीमूलकं दन्ती प्रत्येकं कार्षिकद्वयम् ।।१७१।।
त्रिफलायाःप्रदातव्यंद्विकर्षञ्चपृथक् पृथक् । दत्त्वा छिन्नरुहायाश्च द्वात्रिंशच्च पलानि च ।।१७२।।
पाचयेद् भाजनं तोयं चतुर्भागावशेषितम् । कटुतैलस्य च प्रस्थं दुग्धं च तत्समं भवेत् ।।१७३।।
वासकस्वरसप्रस्थं मन्दमन्देन वह्निना । गन्धं शटी च कक्कोलं चन्दनं ग्रन्थिकं नखी ।।१७४।।
पूतीकं केशरं कुष्ठं सरलं नालुकं वचा । ह्रीबेरं रेणुका चैला शैलजं च शिलारसम् ।।१७५।।
मधुकं कुन्दुरु जटामांसी च कार्षिकं क्षिपेत् । रुद्रतैलमिदं सिद्ध वातरक्तं व्यपोहति ।।१७६।।
अष्टादशविधं कुष्ठं हन्त्यस्थिमज्जगं पुनः । हस्तपादाङ्गुलीसन्धिगलितं स्फुटितं तथा ।।१७७।।

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कृष्णश्वेतं तथा रक्तंनानावर्णंसदाहकम् । पामांविचर्चिकांकण्डूंछायांत्वचञ्च कालिनीम् ।।१७८।।
मसूरिकां मण्डलञ्च ज्वलनञ्च विसर्पकम् । नाडीव्रणं मर्महीनं गात्रवैवर्ण्यदद्रुकम् ।।
निहन्ति रक्तदोषञ्च भास्करस्तिमिरं यथा ।।१७९।।

170-179. Rudra Tailam:

Ingredients: Root of *punarnavā*, *haridrā*, bark of *neem*, root of brinjal plant, root of bigger *kaṇṭakārī*, cinnamon, smaller *kaṇṭakārī*, seed pulp or bark of *karañja* plant, root of *nirgundī*, root of *aḍuṣā*, root of *apāmārga*, leaves of *paṭola*, root of *dhatturā*, pomegranate seeds or its bark, root of *jayantī*, root of *dantī*, *triphalā* (*haraḍa*, *vibhītaka* and *āmalakī*), *guḍūcī*, *mūrcchita* mustard oil, milk, *aguru*, *karcūra*, *kakkola*, red sandalwood, *granthika*, *nakhī*, *pūtikā*, *keśara* or *nāga keśara*, *kuṣṭha*, *sarala*, *naluka*, *vacā*, *sugandhabālā*, *reṇukā*, smaller cardamom, *śailajam*, *śilārasa*, *madhuka*, *kunduru*, *jaṭāmānsī* and water.

Process of Drug-Making: Prepare a decoction of the following materials measuring 23 gm. each: root of *punarnavā*, *haridrā*, bark of *neem*, root of brinjal plant, root of bigger *kaṇṭakārī*, cinnamon, smaller *kaṇṭakārī*, seed pulp and root of *karañja* plant, root of *nirgundī*, root of *aḍuṣā*, root of *apāmārga*, leaves of *paṭola*, root of *dhatturā*, pomegranate seeds or its bark, root of *jayantī*, root of *dantī*, *triphalā* (*haraḍa*, *vibhītaka* and *āmalakī*).

Following this, prepare decoction taking *guḍūcī* (1500 gm.) and *mūrcchita* mustard oil as well as milk measuring 750 ml. each. Add to the preparation 750 ml. of *vāsaka* juice. Also take *kalka* of the following aromatic herbs: *aguru*, *karcūra*, *kakkola*, red sandalwood, *granthika*, *nakhī*, *pūtikā*, *keśara* or *nāga keśara*, *kuṣṭha*, *sarala*, *naluka*, *vacā*, *sugandhabālā*, *reṇukā*, smaller cardamom, *śailajam*, *śilārasa*, *madhuka*, *kunduru*, *jaṭāmānsī* each measuring 12 gm. along with water (6 litres). Boil the above ingredients together and boil it till it is reduced to one fourth.

Therapeutic benefits: This medicinal oil is known as *Rudra Taila* and it cures *vāta rakta*, 18 types of *kuṣṭha* (skin diseases including leprosy), *vāta rakta* effecting bones and bone marrow, joints of fingers, severe cases of leprosy, skin problems, discolored skin, small pox, *visarpa*, itching and vitiated blood and the like.

महारुद्रतैलम्–
पुनर्नवा निशा निम्बं वार्त्ताकुदाडिमीफलम् । बृहत्यौ पूतिकामूलं वासकं सिन्दुवारकम् ।।१८०।।

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पटोलपत्रं धुस्तूरमपामार्गं जयन्तिका । दन्ती वरा पृथक् सर्वं कर्षद्वयमितं पुनः ।।१८१।।
विषस्य द्विपलं देयं पृथग् व्योषं पलत्रयम् । प्रस्थञ्च सार्षपं तैलं प्रस्थाम्बु वृषपत्रजम् ।।१८२।।
गुडूच्यास्तु चतुःषष्टिपलक्वाथरसेन च । वारिप्रस्थेन वक्तव्यं महारुद्रमिदं शुभम् ।।१८३।।
वातरक्तं निन्त्याशु नानादोषसमुत्थितम् । अष्टादशविधं कुष्ठं हन्ति वर्णाग्निवर्द्धनम् ।।१८४।।
क्रिमिं दुष्टव्रणञ्चैव दाहं कण्डूं निहन्ति च । अस्वेदनं महास्वेदमभ्यङ्गादेव नश्यति ।।१८५।।

180-185. Mahārudra Tailam:

Ingredients: Root of *punarnavā*, *haridrā*, bark of *neem*, root of brinjal plant, seeds and bark of pomegranate fruit, root of lesser and bigger *kañṭakārī*, bark of *karañja* plant's root, root of *aḍuṣā*, root and green leaves of *nirgunḍī*, leaves of *paṭola*, root of *dhatturā*, root of *apāmārga*, leaves of *jayantī*, root of *dantī*, *haraḍa*, *vibhītaka*, *āmalakī*, dried ginger, black pepper, *pippalī*, *mūrcchita* mustard oil, juice of *aḍuṣā* plants leaves, juice or decoction of *guḍūcī* and water.

Process of Drug-Making: Form *kalka* of the following materials: 23 gm. each of root of *punarnavā*, *haridrā*, bark of *neem*, root of brinjal plant, seeds and bark of pomegranate fruit, root of lesser and bigger *kañṭakārī*, bark of *karañja* plant's root, root of *aḍuṣā*, root and green leaves of *nirgunḍī*, leaves of *paṭola*, root of *dhatturā*, root of *apāmārga*, leaves of *jayantī*, root of *dantī*, *haraḍa*, *vibhītaka*, *āmalakī* and 140 gm. each of dried ginger, black pepper and *pippalī*.

Take 750 ml. each of the *mūrcchita* mustard oil, 750 ml. juice of *vāsaka* leaves, juice of *aḍuṣā* plants leaves and 750 ml. measure of juice or decoction of *guḍūcī*. Methodologically cook all the materials together along with water (measuring 750 ml.) to get medicinal oil.

Therapeutic benefits: This medicinal oil is known as *Mahārudra Tail* and cures *vāta rakta* and 18 types of leprosies caused due to disorders of *doṣas*. It also provides relief from *kṛimi*, *duṣṭavraga*, burning sensation, *kanḍu*, *asveda* (*alpa sveda* and *svedābhāva*) and *mahāsveda* disorder. It increases digestive power and complexion.

पिण्डतैलम् (च. द.)–
समधूच्छिष्टमञ्जिष्ठं ससर्जरसशारिवम् । पिण्डतैलं तदभ्यङ्गाद् वातरक्तरुजापहम् ।।१८६।।

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186. Pinḍa Tailam:

Oil (1 litre *mūrcchita*) boiled with *madhūcchiṣṭa* (bees wax) (500 gm.), *manjiṣṭhā, sarja rasa, śārivā* (75 gm. each) and water (4 litres) is called *Pinḍa Taila*. Massage with this medicated oil cures the pain of *vāta rakta*.

(Cakradatt)

शताह्वादितैलानि (भा. प्र.)–

क्वाथेन शतपुष्पायाः कुष्ठस्य मधुकस्य च । एकैकं साधयेत्तैलं वातरक्तरुजापहम् ।।१८७।।

187. Śatāhavādi Taila:

Ingredients: *Śatapuṣpā* (aniseeds), *kuṣṭha*, *madhuka* and *mūrcchita* sesame oil.

Process of Drug-Making: Obtain decoction of the aniseeds measuring one litre and *kalka* of its seeds measuring about 60 ml. Also take decoctions and *kalkas* of *kuṣṭha* as well as *madhuka*in similar amounts. Mix separately all the three decoctions and *kalkas* and cook them separately along with 250 ml. *mūrcchita* sesame oil. Cook them separately as per the method of cooking medicinal oil.

Therapeutic benefits: All these three types of medicinal oil removes pain related to gout.

(*Bhāvaprakāśa*)

दशपाकबलातैलम् (च. द.)–

बलाकषायकल्काभ्यां तैलं क्षीरचतुर्गुणम् । दशपाकं भवेदेतद् वातासृग्वातपित्तजित् ।।१८८।।
धन्यं पुंसवनञ्चैव नराणां शुक्रवर्द्धनम् । रेतो-योनि-विकारघ्नमेतद्वातविकारनुत् ।।१८९।।

188-189. Daśapāka Bāla Tailam:

Ingredients: Decoction and *kalka* of the plant *balā*, *mūrcchita* oil and milk.

Process of Drug-Making: Obtain decoction (4 litres) and *kalka* (1 kg.) of the *pañchānga* of the plant *balā*. Also take *mūrcchita* oil measuring 4 litre, milk measuring four times of the oil (i.e. 16 litres) and water (also 16 litres). Repeat this process of decoction for not less than 10 times before finally straining it.

Therapeutic benefits: The medicated oil thus obtained cures *vāta rakta* and *rakta pitta* (a condition characterized by bleeding from various parts of the body). It endows the person with auspiciousness and virility. It promotes semen and cures

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aliments of semen as well as female genital tract. It also cures diseases caused by *vāta*.

(Cakradatt)

खुड्डाकपद्मकतैलम् (च. द.)–

पद्मकोशीरयष्ट्याह-रजनीक्वाथसाधितम् । स्यात्पिष्टैः सर्जमञ्जिष्ठावीराकाकोलिचन्दनैः ।
खुड्डाकपद्मकमिदं तैलं वातास्रदोषनुत् ।।१९०।।

190. Khuḍḍāka Padmaka Tailam:

Ingredients: *Mūrcchita* oil, decoction of *padmaka*, *uśīra*, *yaṣṭimadhu*, *haridrā*, *kalka* of *sarja*, *manjiṣṭhā*, *vīrā*, *kākolī* and *candana*.

Process of Drug-Making: Cook oil (1 litre *mūrcchita*) along with the decoction of *padmaka*, *uśīra*, *yaṣṭimadhu* and *haridrā* (measuring 500 ml. each) and *kalka* of *sarja*, *manjiṣṭhā*, *vīrā*, *kākolī* and *candana* (each measuring 50 gm.).

Therapeutic benefits: The oil thus prepared is known as *Khuḍḍāka Padmaka Taila*. It cures *vāta rakta*.

(Cakradatt)

नागबलातैलम् (च. द.)–

शुद्धां पचेन्नागबलातुलां तु विस्राव्य तैलाढकमत्र दद्यात् ।
अजापयस्तुल्यविमिश्रितंतु नतस्य यष्टीमधुकस्य कल्कम् ।।१९१।।
पृथक् पचेत्पञ्चपलं विपक्वं तद्वातरक्तं शमयत्युदीर्णम् ।
बस्तिप्रदानादिह सप्तरात्रात् पीतं दशाहात्प्रकरोत्यरोगम् ।
तुलाद्रव्ये जलद्रोणो द्रोणे द्रव्यतुला मता ।।१९२।।

191-192. Nāgabalā Tailam:

Ingredients: Cleaned *nāgabalā*, water, *mūrcchita* oil, goat milk, *nata* and *yaṣṭimadhu*.

Process of Drug-Making: Get 5 kg. of cleaned *nāgabalā* and decoct it in 12 litre measure of water until it is reduced to one fourth. Add to it 3 litre of the *mūrcchita* oil, 3 litre of goat milk and *kalka* prepared out of *nata* and *yaṣṭimadhu* (375 gm. each). Cook the preparation methodologically and obtain medicinal oil.

Method of use/ Administration and Therapeutic benefits: This medicated oil should be used in the *basti* therapy (medicated enema). It cures acute form of *vāta rakta* in seven days. If taken as a drink, it cures *vāta rakta* in ten days. This is

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an effective remedy and is called *Nāgabalādi Taila*.[If in a prescription the herb to be decocted has been suggested to be taken in a measure of 5 kg. while the measure of water is not mentioned, one could take water in measurement of 12.50 litres. Likewise, if there is no mention of measure of herbs to be decocted while the measurement of water is suggested to be 12.50 litres one should use 5 kg. measure of herbs].

(Cakradatt)

रक्तरोगे रक्तमोक्षणोपदेशः–

वातरक्तेऽस्त्ररोगेषु तथा कुष्ठेऽल्पके भिषक् । रक्ते प्रवृद्धे वै कुर्याद् यत्नतो रक्तमोक्षणम् ।
रोगिणां पादयोर्बाह्वोर्ललाटे तु यथाविधि ।।१९३।।

193. The blood vitiated by *vāta rakta* and *kuṣṭha* (leprosy) should be removed through administering surgical blood letting through feet, arm and temple of the patient.

रक्तमोक्षणप्रमाणम् (वा. भ. शि. व्य.)–

अशुद्धौबलिनोऽप्यस्त्रंनप्रस्थात्स्रावयेत्परम् । अतिस्रुतौहिमृत्युःस्याछारुणा वातजामयाः ।।१९४।।

194. If a stronger man's blood has been contaminated, he should be administered blood letting therapy. However, only one *prasṛita* (96 ml.) measure of blood should be let. Excessive blood letting can result in severe cases of *vāta roga* or it may even lead to death.

(*Aṣṭānga Hṛidaya*)

वातरक्ते पथ्यानि–

उत्तानेऽभ्यञ्जनं सेकः सोपनाहः प्रलेपनम् । गम्भीरे स्नेहपानं च स्थापनं च विरेचनम् ।।१९५।।
द्वयोरस्त्रसृतिः सूचीजलौकःशृङ्ग्यलाबुभिः । शतधौतघृताभ्यङ्गो मेषीदुग्धावसेचनम् ।।१९६।।
यवषष्टिकनीवारकलमारुणशालयः । गोधूमाश्रणका मुद्गास्तुवर्योऽपि मकुष्ठकाः ।।१९७।।
अजानां महिषीणां च गवामपि पयांसि च । लावतित्तिरसर्पद्विट्ताम्रचूडादिविष्किराः ।।१९८।।
प्रतुदाः शुकदात्यूहकपोतचटकादयः । उपोदिका काकमाची वेत्राग्रं सुनिषण्णकम् ।।१९९।।
वास्तूकंकारवेल्लंचतण्डुलीयःप्रसारणी । पत्तूरो वृद्धकूष्माण्डं सर्पिः शम्याकपल्लवम् ।।२००।।
पटोलं रुबुतैलं च मृद्वीका श्वेतशर्करा । नवनीतं सोमवल्ली कस्तूरी सितचन्दनम् ।।२०१।।
शिंशपाऽगुरुदेवाह्वसरलस्नेहमर्दनम् । तिक्तं च पथ्यमुद्दिष्टं वातरक्तगदे नृणाम् ।।२०२।।

195-202. One should get the ointment, *abhyanjana*, *pariṣeka* and *pralepa* therapies in cases of *uttāna vāta rakta* (initial stage of gout). When the disease is

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serious, one should take treatment by *sneha pāna* (taking oily eatables), *āsthāpana basti* therapy and *virecana* (purgation) therapy. One can process the blood letting therapy using needle, leeches, sharp horn or sharp part of the plants. Generally, ointment of *Śatadhauta Ghṛitam* and bathing with milk of sheep is useful in such cases. Massaging through oil medicated by muskmelon, white sandalwood, *śinśapa* wood, *aguru*, *devadāru* and *saral* wood is also helpful. Other useful edibles in this case include barley, *ṣaṣṭhi*, *nīvāra*, *kalama* and *aruṇśāli* varieties of rice, wheat, pulses of gram, kidney beans, pigeon peas and *makuṣṭha*, milks of goat, buffalo and cow and non-vegetable preparations prepared out of the meats of peacock, hen, duck, parrots, pigeon, quails and the like; also good are the leafy vegetables involving *uopodikā*, *kākamācī*, *vetāgra*, pumpkin, *vāstuka*, *kāravellaka* and the like.

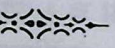
वातरोगे त्वपथ्यानि–

दिवास्वप्नाग्निसंतापव्यायामातपमैथुनम् । माषाःकुलत्थानिष्पावाःकलायाः क्षारसेवनम् ।।२०३।।
अम्बुजानूपमांसानिविरुद्धानिदधीनिच । इक्षवोमूलकं मद्यं पिण्याकोऽम्लानि काञ्जिकम् ।।२०४।।
कटूष्णं गुर्वभिष्यन्दि लवणानि च सक्तवः। इत्यपथ्यं निगदितं वातरक्तगदे नृणाम् ।।२०५।।

203-205: A patient of *vāta rakta* should avoid the following: sleeping during daytime, enjoying heat of fire, exercising or wrestling, staying under sun, contacting females, *urādi*, *kulattha*, *niśpāva* (*sema*) peas, *kṣāra* products, flesh of aquatic and marshy animals (from the *anūp deśa*), taking incompatible eatables, yogurt, sugarcane, liquor, *piñyaka*, cake of sesame seeds, sour and bitter drinks, *kānji*, pungent, hot, heavy to digest and carminative (*abhiṣyandi*).

इति भैषज्यरत्नावल्यां वातरक्तचिकित्साप्रकरणम् ।।२७।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां वातरक्तचिकित्साप्रकरणम् ।।२७।।

End of the Chapter 27 of Bhaiṣajya Ratnāvalī with Commentary



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अथोरुस्तम्भचिकित्साप्रकरणम् २८

Chapter 28
Urustambha

Note: The excessive and accumulated *āma* along with *kapha*, fat and *vāta* produces rigidity of thighs and this condition is known as *Urustambha*.

सामान्यक्रमः–

श्लेष्मणः क्षपणं यत्स्यान्न च मारुतकोपनम् । तत्सर्वं सर्वदा कार्यमूरुस्तम्भस्य भेषजम् ।।१।।

1. Patient suffering from *urustambha* should take therapies which alleviate *kapha* and which do not aggravate *vāta*. The medicines and meals taken by the patient should also follow this rule.

(Cakradatt)

अन्यश्च–

तस्य न स्नेहनं कार्यं न बस्तिर्न विरेचनम् । सर्वो रूक्षक्रमः कार्यस्तत्रादौ कफनाशनः ।।
पश्चाद्वातविनाशाय कृत्स्नः कार्यः क्रियाक्रमः ।।२।।

2. He should not be administered *snehan* (oil-therapy), *basti* (medicated enema) and *virecana* (purgation) therapies. He should be administered all unctuous therapies. In the beginning, such therapies that could alleviate *kapha* should be administered, and thereafter, efforts could be made for the alleviation of *vāta*.

(Cakradatt)

अधिकरूक्षणोपद्रवशमनविधिः–

रूक्षणाद्वातकोपश्चेन्निद्रानाशार्तिपूर्वकः । स्नेहस्वेदक्रमस्तत्र कार्यो वातामयापहः ।।३।।

3. If the *vāta* is vitiated due to application of hot and unctuous therapy, one can face the problems like loss of sleep and pain in the body. To treat such conditions, one should administer oils and sweating therapies and the like that are prescribed to alleviate the *vāta*.

(Caraka)

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कफक्षीणताकारिविधिनिर्देशः–

कफक्षयार्थं शक्येषुव्यायामेष्वनुयोजयेत् । स्थलान्याक्रामयेत् कल्यं शर्कराः सिकतास्तथा ।।४।।

4. If the patient has strength, he should be asked to perform exercise and take *svedana* (fomentation) therapy for the alleviation of *kapha*. In the morning he should climb hilly and stony regions.

(Caraka)

प्रतरणप्रयोगः–

प्रतारयेत् प्रतिस्रोतो नदीं शीतजलां शिवाम् । सरञ्च विमलं शीतं स्थिरतोयं पुनः पुनः ।।५।।
तया विशुष्केऽस्य कफं शान्तिमूरुग्रहो व्रजेत् ।।६।।

5-6. The patient of *urustambha* should swim against the current in such river that is not infested by violent living beings like crocodile. If such river is not available nearby, the patient should swim in a clean and peaceful tank or pond time and again. This exercise reduces the *kapha* content in the body and consequently *urustambha* is treated.

(Caraka)

शिलाजत्वादियोगचतुष्टयम्–

शिलाजतु गुग्गुलुं वा पिप्पलीमथ नागरम् । ऊरुस्तम्भे पिबेन्मूत्रैर्दशमूलीरसेन वा ।।७।।

7. For the treatment of *urustambha*, one should take any of the following herbs along with cow's urine or decoction of *daśamūla*: *śilājātu* measuring 250-750 mg., *guggulu* measuring 250-500 mg., *pippalī* or *nāgara* measuring 250-750 mg.

(Cakradatt)

त्रिफलादियोगद्वयम्–

त्रिफलाचव्यकटुकं ग्रन्थिकं मधुना लिहेत् । ऊरुस्तम्भविनाशाय पुरं मूत्रेण वा पिबेत् ।।८।।

8. For the cure of *urustambha*, the patient should take *triphalā*, *cavya*, *kaṭuka* and *granthika* (1 gm. each) along with honey in the form of confection. He may also take *guggulu* (1 gm.) along with cow's urine (25 ml.).

(Cakradatt)

त्रिफलाचूर्णादियोगद्वयम्–

लिह्याद् वा त्रिफलाचूर्णं क्षौद्रेण कटुकायुतम् । सुखाम्बुना पिबेद्वाऽपि चूर्णं षड्धरणं नरः ।।९।।

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9. The powder of *triphalā* (3 gm.) should be administered along with honey and *kaṭukī* (1 gm.) in the form of confection for the cure of *urustambha*. The patient may also take *Ṣaḍdhāraṇa Yoga* (or *Cūrṇam*) (as suggested in the chapter on *Vāta* diseases) along with lukewarm water.

(Cakradatt)

षड्धरणं चूर्णम्–

चित्रकेन्द्रयवाः पाठाकटुकातिविषाऽभयाः । महाव्याधिप्रशमनो योगः षड्धरणः स्मृतः ।।१०।।

10.Ṣaḍdhāraṇa Cūrṇam:

Ingredients: *Citraka*, *indrayava*, *pāṭhā*, *kaṭukī*, *ativiṣā* and *vibhītaka*.

Process of Drug-Making: This is a powder-based formula involving all the ingredients in equal parts (50 gm. each).

Therapeutic benefits: The powder of combination of *citraka*, *indrayava*, *pāṭhā*, *kaṭukī*, *ativiṣā* and *vibhītaka*, is called *Ṣaḍdhāraṇa*. The *Ṣaḍdhāraṇa Cūrṇam* is said to be very effective in checking the *Mahā Vyādhis* (or the great diseases: *vāta*, *aśmarī*, *kuṣṭha*, *meha*, *udara*, *and bhagandara*).

(Cakradatt)

पिप्पलीवर्द्धमानादियोगद्वयम्–

पिप्पलीवर्धमानं वा माक्षिकेण गुडेन वा । स्नेहवर्जी पिबेदन्न नरश्चूर्णं षड्षणम् ।।११।।

11. *Pippalī Varddhamana Yoga* (administration of *pippalī* in a gradually increased dose) along with honey or jaggery is useful in the treatment of *urustambha*. The powder of *ṣaḍūśna* herbs (*pippalī*, *pippalīmūla*, *cavya*, *citraka*, dried ginger and *marica*) can also be given in this condition.

(Cakradatt)

पिप्पल्यादिगणचूर्णप्रयोगः–

हितमुष्णाम्बुना तद्वत् पिप्पल्यादिगणैः कृतम् ।।१२।।

12. The powder of the herbs of *Pippalīādi Gaṇa* should be taken along with lukewarm water to treat the indisposition of *urustambha*.

गण्डीरारिष्टप्रयोगः–

ऊरुस्तम्भे प्रशंसन्ति गण्डीरारिष्टमेव वा ।।१३।।

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13. Taking the drug *Gaṇḍīrāriṣṭa* is also very helpful in cases of *urustambha*.

(Cakradatt)

क्षोद्रादिप्रलेपः–

क्षौद्रसर्षपवल्मीकमृत्तिकासंयुतं भिषक् । गाढमुत्सादनं कुर्यादूरुस्तम्भे प्रलेपनम् ।।१४।।

14.Kṣodrādi Pralepa:

The *kalka* prepared of honey, *sarṣapa* and *vālmīka mṛittikā* (earth of ant-hill) should be anointed and forcefully rubbed over the affected thighs of the patient of *urustambha*.

(Cakradatt)

रास्नादिक्वाथः (भा० प्र०)–

रास्नाश्यामाकपथ्यामरिचमिसिशिवाबिल्वमज्जाश्वगन्धा
यासच्छिन्नाजामोदा सुमुखमतिविषा वृद्धदारो बृहत्यौ ।
शुण्ठी तिक्ता यमानी सहचरचविकैरण्डदार्वीभकृष्णा
ऊरुस्तम्भामवातौ कफपवनरूजं दण्डकं चाशु हन्यात् ।।१५।।

15. Rāsnādi Kvātha:

Ingredients: *Rāsnā*, *śyāmālatā*, *haraḍa*, *marica*, aniseeds, *āmalakī*, pulp of the *bilva* fruit, *aśvagandhā*, *durlālabhā*, *guḍūcī*, *ajamodā*, *tulasī* leaves, *ativiṣā*, *vṛiddhadāruka*, both the lesser and bigger varieties of *kañṭakārī*, dried ginger, *kaṭukī*, caraway seeds, *sahacara*, *cavya*, root of *eraṇḍa*, *dāru haridrā*, *gajapippalī* and water.

Process of Drug-Making: Take the following drugs in equal amount (100 gm. each): *rāsnā*, *śyāmālatā*, *haraḍa*, *marica*, aniseeds, *āmalakī*, pulp of the *bilva* fruit, *aśvagandhā*, *durlālabhā*, *guḍūcī*, *ajamodā*, *tulasī* leaves, *ativiṣā*, *vṛiddhadāruka*, both the lesser and bigger varieties of *kañṭakārī*, dried ginger, *kaṭukī*, caraway seeds, *sahacara*, *cavya*, root of *eraṇḍa*, *dāru haridrā* and *gajapippalī*. Raise 25 gm. measure of their mix and cook them along with water measuring 200 ml. Boil the decoction till it is reduced to one-fourth of the original quantity. Now strain the liquid.

Method of use/Administration: Take it along with honey.

Therapeutic benefits: This decoction is capable to remove such diseases as *urustambha*, *āmavāta*, *daṇḍaka* (stiffness of the body), and indisposition related to vitiation of the *kapha* and *vāta doṣas*.

(*Bhāvaprakāśa*)

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भल्लातकादिक्वाथः–

भल्लातकामृताशुण्ठीदारुपथ्यापुनर्नवाः । पञ्चमूलीद्वयोन्मिश्रा ऊरुस्तम्भनिबर्हणाः ।।१६।।

16. Bhallātakādi Kvātha:

Ingredients: Purified *bhallātaka* fruits, *amṛitā*, *śunṭhī*, *dāru*, *pathyā*, *punarnavā* and *daśamūla* herbs.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts (100 gm. each). Raise 25 gm. of their mix and decoct it along with water measuring 200 ml. till it is reduced to one fourth.

Method of use/Administration: It should be taken along with raw sugar and honey.

Therapeutic benefits: It cures *urustambha*.

(Cakradatt)

पिप्पल्यादिक्वाथः–

पिप्पलीपिप्पलीमूलभल्लात क्वाथमेव वा । कल्कं मधुयुतं पीत्वा ऊरुस्तम्भाद्विमुच्यते ।।१७।।

17. Pippalīādi Kvātha:

Ingredients: *Pippalī*, *pippalīmūla* and purified *bhallātaka* fruits.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts. Raise 25 gm. of their mix and decoct it along with water measuring 200 ml. till it is reduced to one fourth.

Method of use/Administration: The decoction is to be taken along with honey. One can also use the *kalka* of these herbs.

Therapeutic benefits: It should be administered for the cure of *urustambha*.

(Cakradatt)

रसोनादिप्रलेपः–

रसोनं जीरकः शिग्रोर्बीजं वा त्वचमूषणम् । सर्षपाश्च जयन्ती च कृष्णधत्तूरमूलकम् ।।१८।।
अहिफेनफलं सर्वं समं गोमूत्रयोगतः । पिष्टमुष्णं तथा गाढं प्रलेपनमुदीरितम् ।।
ऊरुस्तम्भार्त्तिनाशार्थं भिषग्वन्द्यैरनुत्तमम् ।।१९।।

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18-19. Rasonādi Pralepa:

Ingredients: Garlic pearls, cumin seeds, barks or seeds of the plant *śigru* (drumstick), black pepper, mustard seeds, *jayantī patram*, roots of black variety of *dhatūra* plant, bark or seeds of the opium plant and cow-urine.

Process of Drug-Making: Take in equal parts the garlic pearls, cumin seeds, barks or seeds of the plant *śigru* (drumstick), black pepper, mustard seeds, *jayantī patram*, roots of black variety of *dhatūra* plant and bark or seeds of the opium plant. Compound the mix of these herbs along with cow-urine and boil it hot.

Method of use/Administration: The *kalka* in warm condition should be pasted over the thighs and legs of the patient of *urustambha*.

Therapeutic benefits: It cures *urustambha*.

गुञ्जाभद्रो रसः–

निष्कत्रयं शुद्धसूतं निष्कद्वादश गन्धकम् ।
गुञ्जाबीजन्तु षण्निष्कं जयन्ती निम्बबीजकम् ।
प्रत्येकं निष्कमात्रं तु निष्कं जैपालबीजकम् ।।
जयाजम्बीरधुस्तूरकाकमाचीद्रवैर्दिनम् ।
भावयित्वा वटीं कुर्याद् घृतैर्गुञ्जाचतुष्टयीम् ।।२०।।
गुञ्जाभद्रो रसो नाम्ना हिङ्गुसैन्धवसंयुतः ।
शमयत्येव नो चित्रमूरुस्तम्भं सुदुर्जयम् ।।२१।।

20-21. Guñjābhadra Rasa:

Ingredients: Purified mercury, purified sulphur, purified *guñjā* seeds, *jayantī*, *neem* seeds, *jayapāla* seeds, juice of *jayantī patra*, juice of *vijayā* leaves, juices of *jambīra* lemon, *dhatūra* leaves, *kākamācī* and *ghṛitam*.

Process of Drug-Making: Take purified mercury and purified sulphur both measuring three *niṣkas* (12 gm.), purified *guñjā* seeds measuring six *niṣkas*, and one *niṣka* measure each of the *jayantī*, *neem* seeds and *jayapāla* seeds. First of all prepare *kajjalī* out of the sulphur and mercury. Now mix the rest of the drugs into the *kajjalī*. Following this measure, process the mix through a mortar and subsequently triturate it through *bhāvanā* method using the following separately and in sequence: juice of *jayantī patra*, juice of *vijayā* leaves, juices of *jambīra* lemon, *dhatūra* leaves and *kākamācī*. Process the *bhāvanā* method for a daylong period using each of the above liquids separately. Finally, compound the preparation through *ghṛitam* and drying it prepare pills weighing 500 mg.

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Method of use/Administration: One should take one pill of this drug daily along with powder of asafoetida (250 mg.) and the rock salt (500 mg.).

Therapeutic benefits: This *Guñjābhadra Rasa* is very effective in checking the disease *urustambha*.

(*Rasendra Sār Sangraha*)

अष्टकट्वरतलम्–

पलाभ्यां पिप्पलीमूलनागरादष्टकट्वरः । तैलप्रस्थः समो दध्ना गृध्रस्यूरुग्रहापहः ।।२२।।
अष्टकट्वरतैलेऽस्मिन् तैलं सार्षपमिष्यते ।।२३।।

22-23.Aṣṭakaṭvara Tailam:

Ingredients: *Mūrcchita* mustard oil, *pippalīmūla*, *nāgara*, *kaṭvara* (a type of buttermilk prepared by churning cured along with its cream) and curd.

Process of Drug-Making: Take 750 ml. of *mūrcchita* mustard oil and boil it along with 93 gm. each of *pippalīmūla* and *nāgara*, 6 litre of *kaṭvara* (a type of buttermilk prepared by churning cured along with its cream), and 750 ml. of curd.

Therapeutic benefits: This medicated oil cures *gṛidharasī* (sciatica) and *urustambha*. This is called *Aṣṭakaṭvara Taila*.

(Caraka)

कुष्ठाद्यं तैलम्–

कुष्ठश्रीवेष्टकोदीच्यं सरलं दारु केशरम् ।
अजगन्याऽश्वगन्धा च तैलं तैः सार्षपं पचेत् ।।
सक्षौद्रं मात्रया तस्मादूरुस्तम्भार्दितः पिबेत् ।।२४।।

24.Kuṣṭhādyam Tailam:

Ingredients: *Kuṣṭha*, *śṛīveṣṭaka*, *udīcya*, *sarala*, *dāru*, *keśara*, *ajagandhā*, *aśvagandhā*, *mūrcchita* mustard oil and water.

Process of Drug-Making: Prepare a *kalka* out of 30 gm. measure each of the herbs *kuṣṭha*, *śṛīveṣṭaka*, *udīcya*, *sarala*, *dāru*, *keśara*, *ajagandhā* and *aśvagandhā*. Take *mūrcchita* mustard oil measuring four times of the *kalka* (1 litre) and water measuring four times of the oil (4 litres). Boil all these ingredients together on a slow heat.

Method of use/ Administration: This medicated oil along with honey, should be given to the patient suffering from *urustambha* to drink.

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Therapeutic benefits: It cures *urustambha*.

(Cakradatt)

सैन्यवाद्यं तैलम् (च. द.)–

द्वेपलेसैन्यवात्पञ्चशुण्ठ्याग्रन्थिकचित्रकात् । द्वेद्वेभल्लातकास्थीनि विंशतिर्द्वे तथाऽऽढके ।।२५।।
आरनालात पचेत् प्रस्थं तैलमेतैरपत्यदम् । गृध्रस्यूरुग्रहार्शोऽर्त्ति–सर्ववातविकारनुत् ।।२६।।
अथोरुस्तम्भे पथ्यापथ्यव्यवस्था ।

25-26. Saindhavādyam Tailam:

Ingredients: Rock salt, powder of dried ginger, pepper, *citraka*, purified *bhallātaka*, water, *kānji* and *mūrcchita* sesame oil.

Process of Drug-Making: Take rock salt measuring 93 gm., powder of dried ginger measuring 235 gm., 93 gm. measure each of pepper and *citraka* and 20 pieces of purified *bhallātaka*. Compound all of them in water and make a *kalka* out of the mix. Following this, take 6 litre measure of *kānji* and *mūrcchita* sesame oil measuring 750 ml. Pour the above mix into oil and *kānji* and add to it water measuring four times(of the *kanji* if it is thick). Cook the preparation on a slow heat.

Method of use/Administration: This medicine is called *Saindhavādya Tailam*. Used along with different *anupānas*, the oil is very effective in different diseases. This can also be used as an ointment.

Therapeutic benefits: The medicine is effective in checking *urustambha*, sciatica and piles as well as all kinds of rheumatic problems.

(Cakradatt)

तत्रादौ पथ्यानि–

रूक्षः सर्वविधिःस्वेदःकोद्रवारक्तशालयः । यवाःकुलत्थाःश्यामाका उद्दालाश्च पुरातनाः ।।२७।।
शोभाञ्जनं कारवेल्लं पटोलं लशुनानि च । सुनिषण्णः काकमाची वेत्राग्रं निम्बपल्लवम् ।।२८।।
पत्तूरो वास्तुकं पथ्या वार्ताकुस्तप्तवारि च । शम्याकशाकं पिण्याकस्तक्रारिष्टमधूनि च ।।२९।।
कटुतिक्तकषायाणि क्षारसेवा गवाञ्जलम् । व्यायामश्च यथाशक्ति स्थलस्याक्रमणानि च ।।३०।।
स्वच्छे ह्रदे सन्तरणं प्रतिस्रोतो नदीषु च । श्लेष्मापहरणं यच्च न च मारुतकोपनम् ।
एतत् पथ्यं नरैः सेव्यमूरुस्तम्भविकारिभिः ।।३१।।

27-31. Useful measures and meals for the patients of *urustambha*: application of hot and unctuous therapy, sweating, exercising, walking, swimming in ponds with clean water, swimming against the current of river, *kodarva* and red *śāli*

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variety of rice, barley, *kulattha*, *śyāmaka dhānya*, *uddālka dhānya*, vegetable of the fruits of plant drumsticks (*śobhāñjana*), *kārvellaka*, *paṭola*, garlic pearls, *vāstuka*, *kākamācī*, shoots of bamboo plants, leaves of *nimba* tree, leafy vegetables, *haraḍa*, brinjal, warm water, vegetable of leaves of plant *āragvadha* (*śampaka*), *kalka* of sesame seeds, buttermilk, honey, bitter, hot and pungent liquids, citrus liquids and cow-urine.

अपथ्यानि–

गुरुशीतद्रवस्निग्धविरुद्धासात्म्यभोजनम् । विरेचनं स्नेहनश्च वमनं रक्तमोक्षणम् ।।३२।।
वस्तिश्च न हितं प्राहुरूरुस्तम्भविकारिणाम् ।।३३।।

32-33. Harmful measures and meals for the patients of *urustambha*: The patients of *urustambha* should avoid heavy to digest meals, cold and oily foods and incompatible meals. Such measures as *virecana* (purgation), ointment, vomiting, bloodletting and *basti* (enema) therapies are harmful for the patient of *urustambha*.

इति भैषज्यरत्नावल्यामूरुस्तम्भचिकित्साप्रकरणम् ।।२८।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायामूरुस्तम्भरोगचिकित्साप्रकरणम् ।।२८।।

End of the Chapter 28 of Bhaiṣajya Ratnāvalī with Commentary

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अथामवातचिकित्साप्रकरणम् २९

Chapter 29
Āmavāta

आमवाते क्रियाक्रमः–

लङ्घनं स्वेदनं तिक्तं दीपनानि कटूनि च । विरेचनं स्नेहपानं बस्तयश्चाममारुते ।।
सैन्धवाद्येनानुवास्य क्षारवस्तिः प्रशस्यते ।।१।।

1. Light diet, fomentation, bitter eatables, digestive stimulants, pungent eatabls, *virecana* (purgation) therapy, intake of unctuous substance, and *basti* (medicated enema)–all of these are useful in *āmavāta*. *Anuvāsana* type of medicated enema prepared by adding rock salt is useful in this condition. *Kṣīra basti* (enema prepared of milk) should also be given to these patients. For drinking, water boiled by adding *pañc kola* should be used. Unctuous type of fomentation with the help of *Bālukā puṭaka* (sand tied in a piece of cloth in the form of a bolus) is also useful.

(Cakradatt)

आमवाते पथ्योपदेशः (भा. प्र.)–

आमवाताभिभूताय पीडिताय पिपासया । पञ्चकोलेन संसिद्धं पानीयं हितमुच्यते ।।२।।
सौवीरस्विन्नवार्त्ताकुं तथा तिक्तफलानि च ।।३।।
वास्तूकशाकं सारिष्टशाकं पौनर्नवं हितम् ।।४।।
पटोलं गोक्षुरं चैव वरुणं कारवेल्लकम् । यवान्नं कोरदूषान्नं पुराणं शालिषष्टिकम् ।।५।।
लावकानां तथा मांसं हितं तक्रेण संस्कृतम् । हितञ्च यूषं कौलत्थं कालायञ्चणकस्य च ।।६।।
रुच्यं दद्याद् यथासात्म्यमामवातहितं च यत् ।।७।।
रूक्षस्वेदो विधातव्यो बालुकापुटकैस्तथा ।।८।।

2-8. A patient of *āmavāta* who suffers morbid thirst should drink water which has been boiled along with *pippalī*, *pippalīmūla*, *cavya*, *citraka* and dried ginger. One should consume brinjal cooked in *kānji* of *Sauvīra* and boiled fruits of *tikta*. An *āmavāta* patient's diet should include leaves of *vāstuka*, leaves of *neem*, leaves of *punarnavā*, *paṭola*, leaves of *gokṣura*, leaves of *varuṇa* and *kārvellaka*, barley, *kodarvā*, old varieties of *śāli* and *ṣaṣṭhi* rice, meat of *lāva* bird treated with buttermilk (*takra*), pulse soup of *kulattha* beans, peas as well as gram and the like.

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The patient should also take fomentation through warm sand particles packed in a piece of cotton.

(*Bhāvaprakāśa*)

शङ्करस्वेदः–

कार्पासास्थिकुलत्थिकातिलयवैरेरण्डमूलातसी
वर्षाभूशणबीजकाञ्झिकयुतैरेकीकृतैर्वा पृथक् ।
स्वेदःस्यादितिकूर्परोदरशिरस्फिक्पाणिपादाङ्गुली
गुल्फस्कन्धकटीरुजोविजयतेसामासमीरानुगाः।।९।।

9. Obtain equal parts of cotton-seeds, *kulattha* beans, sesame seeds, *yava* grains, roots of castor plant, *atasī*, *punarnavā* and *śāṇa* (seeds). Pulverize them together or separately and pack them in two pieces of cotton separately. See that the pieces of cotton are soaked in *kānji*. Place a pitcher containing *kānji* over a fire and close the mouth of the pitcher with a plate having small holes in it. Thereafter, place the two packs above this plate with holes. When the packs become warm through steam coming out of the holes use them in fomenting body parts like the elbow joint, *udara* (gastro intestinal tract), head, hands and legs, *sphik* region, fingers, knees, shoulders and waist that could be affected by artheritis. This fomentation removes the pain in such parts of the body.

हिंस्रादिलेपः–

गोजलपिष्टं हिंस्राकेवुकशिग्रूद्भवं मूलम् । नाकुयुतं परिलेपात् सामः समीरणः कुत्र ।।१०।।

10. Hinsrādi Lepa:

Ingredients: Cow's urine, root of *hinsra*, *kañṭakārī*, *kevuka* (*kenvu*), bark of *śobhāñjana* and *vālmīkamṛittikā*.

Process of Drug-Making: Make a paste of the following materials by churning them along with cow's urine: root of *hens*, *kañṭakārī*, *kevuka* (*kenvu*), bark of *śobhāñjana* and *vālmīkamṛittikā*.

Method of use/Administration: Apply this *kalka* on *āmavāta* affected parts.

Therapeutic benefits: This provides relief from pain and cures *śūla* caused out of *āmavāta*.

शतपुष्पादिलेपः–

शतपुष्पा वचा शिग्रुश्वदंष्ट्रावरुणत्वचः । सहदेवी च वर्षाभूः शटी च सप्रसारणी ।।११।।

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सतकरीफलं हिङ्गु शुक्तकाञ्जिकपेषितम् । आमवातहरं श्रेष्ठं सुखोष्णं लेपनं हितम् ।।१२।।

11-12. Śatapuṣpādi Lepa:

Ingredients: Aniseeds, *vacā*, bark of *śobhāñjana*, *gokṣura*, bark of *varuṇa*, root of *balā*, *varṣābhū*, *karcūra*, *gandha prasāraṇī*, fruit of *jayantī* and *hing*ualong with *śukta*.

Process of Drug-Making: Form *kalka* of the following materials by churning them in *śukta* and *kānji*: aniseeds, *vacā*, bark of *śobhāñjana*, *gokṣura*, bark of *varuṇa*, root of *balā*, *varṣābhū*, *karcūra*, *gandha prasāraṇī*, fruit of *jayantī* and *hingu*.

Method of use/Administration: Warm up this *kalka* and apply it on body parts. See that the *kalka* is pleasantly only warm (*sukhoṣana*).

आमवाते एरण्डतैलप्राशस्त्यम्–

आमवातगजेन्द्रस्य शरीरवनचारिणः । निहन्त्यसावेक एव एरण्डस्नेहकेशरी ।।१३।।

13. *Āmavāta* disorder is like an elephant, which causes damage to our forest like body. Only a lion can check this menace. We can find that lion in the oil of *eraṇḍa*. To be precise, *eraṇḍa* oil eradicates *āmavāta* very effectively.

(*Bhāvaprakāśa*)

हरीतकीप्रयोगः–

एरण्डतैलयुक्तांहरीतकींभक्षयेन्नरोविधिवत् । आमानिलार्त्तियुक्तो गृध्रसीवृद्ध्यर्दितो नित्यम् ।।१४।।

14. Take powder of *haraḍa* (3 gm.) and mix it with *eraṇḍa* oil measuring one and 24 gm.. Consume this compound with decoction of anti-*vāta* drugs and warm water. This medication provides relief from *āmavāta* pain, *gṛidharasī*, *vṛiddhi* and *ardita*.

(Cakradatt)

आरग्वधपल्लवप्रयोगः–

भृष्ट्वाऽद्यात्कटुतैलेऽन्नैःसहारग्वधपल्लवम्।किंवाऽम्लकाञ्जिकेपक्त्वाखादेदामानिलापहम्।।१५।।

15. Fry leaves of *āragvadha* in mustard oil and consume them along with meals and decoction of leaves of plant *amlakānji*. This medication cures *āmavāta*.

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नागरचूर्णम्–

माषं नागरचूर्णस्य काञ्जिकेन पिबेत्सदा । आमवातप्रशमनं कफवातहरं परम् ।।१६।।

16. NāgaraCūrṇam:

Eat 1 gm. measure of dried ginger mixed in *kānji* (12 ml.) to get relief from *āmavāta*. This also cures *āmavāta* diseases caused due to *kapha* and *vāta*.

त्रिवृतादिचूर्णम्–

त्रिवृत्सैन्धवशुण्ठीनामारनालेन चूर्णितम् । पीत्वा विरिच्यते जन्तुरामवातहरं परम् ।।१७।।

17. Tṛivṛitādi Cūrṇam:

Ingredients: *Niśotha*, rock salt and dried ginger.

Process of Drug-Making: Take equal quantities of *niśotha*, rock salt and dried ginger. Compound them into a fine powder.

Method of use/Administration: Mix 1-3 gm. of this mixture in *kānji* and drink.

Therapeutic benefits: This results in *virecana* (purgation) and cures *āmavāta*.

त्रिवृच्चूर्णप्रयोगः–

सप्ताहं त्रिवृतश्चूर्णं त्रिवृत्क्वाथेन भावितम् । काञ्जिकेन तु तप्तीतं रेचयेदामवातिनम् ।।१८।।

18. Obtain a fine powder of *tṛivṛit* (*niśotha*) by triturating the same. Process this powder through *bhāvanā* method for one week with decoction of *tṛivṛit*. Drink this compound by mixing it in *kānji*. This medication has *virecana* (purgation) effect and that ultimately cures *āmavāta*.

एरण्डतैलपानम्–

रास्नादिक्वाथसंयुक्तं तैलं वातारिसंज्ञकम् । प्रपिबन् वातरोगार्त्तः सद्यः शूलाद्विमुच्यते ।।१९।।

19. According to senior physicians, if *eraṇḍa* oil is consumed along with decoctions of *rāsnāpañcak* or *rāsnāsaptaka*, it immediately provides relief from *śūla* caused due to *āmavāta*.

एरण्डतैलप्रयोगः–

दशमूलकषायेण पिबेद्वा नागराम्भसा । कुक्षिबस्तिकटीशूले तैलमेरण्डसम्भवम् ।।२०।।

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20. Intake of castor oil mixed with the decoction of *daśamūla* or *nāgara* is useful in curing *āmavāta* pain of *kukṣi* (pelvic region), *basti* (region of urinary bladder) and *kanda kaṭi* (lumber region).

(Cakradatt)

एरण्डादिक्वाथः–

एरण्डं गोक्षुरं रास्ना शतपुष्पा पुनर्नवा । पानं पाचनके शस्तं सामे वाते सुनिश्चितम् ।।२१।।

21. Eraṇḍādi Kvātha:

Ingredients: *Eraṇḍamūla*, *gokṣura*, *rāsnā*, aniseeds and *punarnavā*.

Process of Drug-Making: Obtain equal parts of the above ingredients and raise 25 gm. of their mix in powder form. Decoct the mix along with 200 ml. of water. Continue the decoction till it is reduced to one-eighth or one fourth.

Method of use/Administration: Drink these decoctions when they are warm.

Therapeutic benefits: This drink cures vitiated *āma* in perfect way.

(Cakradatt)

शट्यादिक्वाथः–

शटी शुण्ठ्यभया चोग्रा देवाह्वातिविषाऽमृताः । कषायमामवातस्य पाचनं रुक्षभोजनम् ।।२२।।

22. Śaṭyādi Kvātha:

Ingredients: *Śaṭī*, *śunṭhī*, *abhayā*, *ugra*, *devāhvā*, *ativiṣā* and *amṛitā*.

Process of Drug-Making: Obtain equal parts of the above ingredients and raise 25 gm. of their mix in powder form. Decoct the mix along with 200 ml. of water. Continue the decoction till it is reduced to one fourth.

Method of use/Administration: The patient should be served with unctuous eatables while taking this decoction.

Therapeutic benefits: It is useful as a *pācana* (to digest the *āma*) in *āma vāta*.

(Cakradatt)

रसोनादिक्वाथः–

रसोनविश्वनिर्गुण्डीक्वाथमामार्दितः पिबेत् । नातः परतरं किञ्चिदामवातस्य भेषजम् ।।२३।।

23. Rasonādi Kvātha:

Ingredients: Bulbs of garlic, dried ginger and *nirgundī*-roots.

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Process of Drug-Making: Obtain equal parts of the above ingredients and raise 25 gm. of their mix in powder form. Decoct the mix along with 200 ml. of water. Continue the decoction till it is reduced to one fourth.

Therapeutic benefits: This *Rāsnādi Kvātha* is a great medicine for general *vāta roga* (arthrites).

(*Bhāvaprakāśa*)

रास्नापञ्चकम्–

रास्नां गुडूचीमेरण्डं देवदारु महौषधम् । पिबेत्सार्वाङ्गिके वाते सामे सन्ध्यस्थिमज्जगे ।।२४।।

24. Rāsnā Pañcaka Kvātha:

Ingredients: *Rāsnā*, *guḍūcī*, *eraṇḍa*, *devadāru* and *mahauṣadha*.

Process of Drug-Making: Obtain equal parts of the above ingredients and raise 25 gm. of their mix in powder form. Decoct the mix along with 200 ml. of water. Continue the decoction till it is reduced to one fourth.

Method of use/Administration: It should be taken when *āmavāta* pervades the entire body including joints, bones and bone marrow.

Therapeutic benefits: The decoction cures *āmavāta*.

(Cakradatt)

रास्नासप्तकम्–

रास्नाऽमृताऽऽरग्वधदेवदारुत्रिकण्टकैरण्डपुनर्नवानाम् ।
क्वाथं पिबेन्नागरचूर्णमिश्रं जङ्घोरुपार्श्वत्रिकपृष्ठशूली ।।२५।।

25. Rāsnā Saptaka Kvātha:

Ingredients: *Rāsnā*, *amṛitā*, *āragvadha*, *devadāru*, *ṭrikaṇṭaka*, *eraṇḍa* and *punarnavā*.

Process of Drug-Making: Obtain equal parts of the above ingredients and raise 25 gm. of their mix in powder form. Decoct the mix along with 200 ml. of water. Continue the decoction till it is reduced to one fourth.

Method of use/ Administration and Therapeutic benefits: It should be mixed with the powder of *nāgara* and taken by a patient suffering from pain in thigh, back, sacroiliac point and sides of the chest.

(Cakradatt)

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रास्नादिदशमूलम्–

दशमूल्यमृतैरण्डरास्नानागरदारुभि । क्वाथो रुवुकतैलेन सामं हन्त्यनिलं गुरुम् ।।२६।।

26. Rāsnādi Daśamūla Kvātha:

Ingredients: *Daśamūla*, *amṛitā*, *eraṇḍa*, *rāsnā*, *nāgara* and *dāru*.

Process of Drug-Making: Obtain equal parts of the above ingredients and raise 25 gm. of their mix in powder form. Decoct the mix along with 200 ml. of water. Continue the decoction till it is reduced to one fourth.

Method of use/Administration: It should be taken along with castor oil.

Therapeutic benefits: It cures even the serious type of *āma vāta*.

(Cakradatt))

मध्यमरास्नादिः–

रास्नैरण्डशतावरीसहचरा दुस्पर्शवासाऽमृता–देवाह्वातिविषाऽभयाघनशटीशुण्ठीकषायः कृतः ।
पातव्योरुवुतैलयुक्सुविहितःसामेसशूलेऽनिलेकट्यूरुत्रिकपार्श्वपृष्ठजठरक्रोडेषु वातर्त्तिजित् ।।२७।।

27. Rāsnādi Kvātha (Middle Level Recipe):

Ingredients: *Rāsnā*, roots of *eraṇḍa*, *śatāvarī*, *sahacarā* (roots), *durasparśa*, *aḍuṣā*, *guḍūcī*, *devadāru*, *ativiṣā*, *abhayā*, *mustā*, *karcūra* and dried ginger.

Process of Drug-Making: Obtain equal parts of the above ingredients and raise 25 gm. of their mix in powder form. Decoct the mix along with 200 ml. of water. Continue the decoction till it is reduced to one fourth.

Method of use/Administration: This medicine should be taken in doses of 50 ml. along with oil of *eraṇḍa* (12-25 ml.).

Therapeutic benefits: This medicine is known as *Madhāyāma Rāsnādi Kvātha* and it is capable to check the rheumatic problems, *vāta roga* and arthritis as well as pain occurring in such parts of the body as back, thigh, *ṭrikapradeśa*, sides, stomach and womb.

(*Bhāvaprakāśa*)

महारास्नादिपाचनम्–

रास्ना वातारिमूलञ्च वासकञ्च दुरालभम् । शटीदारुबलामुस्तानागरातिविषाऽभयाः ।।२८।।
श्वदंष्ट्रा व्याधिघातञ्च मिसिधान्यपुनर्नवाः । अश्वगन्धाऽमृता कृष्णा वृद्धदारः शतावरी ।।२९।।
वचा सहचरश्चैव चविका बृहतीद्वयम् । समभागान्वितैरेतै रास्नाद्विगुणभागिकैः ।।३०।।
कषायं पाययेत्सिद्धमष्टभागावशेषितम् । शुण्ठीचूर्णसमायुक्तमाभाद्येन युतं तथा ।।३१।।

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अलम्बुपादिसंयुक्तमजमोदादिसंयुतम् । यथादोषं यथाव्याधि प्रक्षेपं कारयेद्भिषक् ।।३२।।
सर्वेषु वातरोगेषु सन्धिमज्जगतेषु च । आनाहेषु च सर्वेषु सर्वगात्रानुकम्पिने ।।३३।।
कुब्जके वामने चैव पक्षाघाते तथाऽर्दिते । जानुजङ्घास्थिपीडासु गृध्रस्यां च हनुग्रहे ।।३४।।
सर्वेषां पाचनानान्तु श्रेष्ठमेतद्धि पाचनम् । महारास्नादिकं नाम प्रजापतिविनिर्मितम् ।।३५।।

28-35. Māharāsnādi Pācanam:

Ingredients: *Rāsnā*, *eraṇḍa* roots, *aḍuṣā* roots, *vāsaka*, *karcūra* (*śaṭī*), *devadāru*, *balā*-roots, *mustā*, dried ginger, *ativiṣā*, *haraḍa*, *gokṣura*, *āragvadha*, aniseeds, coriander seeds, *punarnavā* roots, *aśvagandhā*, *amṛitā*, *cavya*, *pippalī*, *vṛiddhadāru*, *śatāvarī*, *vacā*, *sahacarā* and lesser and bigger *kañṭakārī* herbs.

Process of Drug-Making: Take *rāsnā* in two parts and the following medicines each in one part: *eraṇḍa* roots, *aḍuṣā* roots, *vāsaka*, *karcūra* (*śaṭī*), *devadāru*, *balā*-roots, *mustā*, dried ginger, *ativiṣā*, *haraḍa*, *gokṣura*, *āragvadha*, aniseeds, coriander seeds, *punarnavā* roots, *aśvagandhā*, *amṛitā*, *cavya*, *pippalī*, *vṛiddhadāru*, *śatāvarī*, *vacā*, *sahacarā* and lesser and bigger *kañṭakārī* herbs. Thus raise 25 gm. of the above mix. Coarsely pulverize all the above ingredients and decoct them in water measuring 200 ml. till the original quantity is reduced to one eighth.

Method of use/Administration: Depending on the indisposition and condition of the patient this medicine is to be taken along with the *śunṭhī cūrṇa*, *abhādya cūrṇa*, *alambuśādya cūrṇa* and *ajamodādi cūrṇa*.

Therapeutic benefits: This medicine relieves one from all kinds of *vāta roga* effecting joints and marrow, *ānāha*, tremoring, hunch-back, stroke, pain in thigh bones, sciatica and the like. This medicine has been suggested by Prajāpati. This is a great digestive as well.

(*Bhāvaprakāśa*)

शुण्ट्यादिक्वाथः (भा. प्र.)–
शुण्ठीगोक्षुरकक्वाथः प्रातः प्रातर्निषेवितः । सामे वाते कटीशूले पाचनो रुक्प्रणाशनः ।
यवक्षारसमायुक्तो मूत्रकृच्छ्रविनाशनः ।।३६।।

36. Śuṇṭyādi Kvātha:

Ingredients: *Śuṇṭhī* and *gokṣuraka*.

Process of Drug-Making: Obtain equal parts of the above ingredients and raise 25 gm. of their mix in powder form. Decoct the mix along with 200 ml. of water. Continue the decoction till it is reduced to one fourth.

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Method of use/Administration: It should be taken every day in the morning.

Therapeutic benefits: It cures *āmavāta* associated with pain in the lumber region. It helps in the *pācana* (metabolic transformation) of *āma* and relieves pain.

(*Bhāvaprakāśa*)

शटयादिकल्कः–

शटीविश्वौषधीकल्कं वर्षाभूक्वाथसंयुतम् । सप्तरात्रं पिबेज्जन्तुरामवातविनाशनम् ।।३७।।

37. Śaṭyādi Kalka:

Ingredients: *Karcūra* (*śaṭī*) and dried ginger.

Process of Drug-Making: This is a paste preparation of equal parts of *karcūra* (*śaṭī*) and dried ginger.

Method of use/ Administration and Therapeutic benefits: One can take its paste as well as the powders of these herbs mixed into decoction of plant *punarnavā*. Taking for seven consecutive days it removes all kinds of artherites and digestion problem.

(Cakradatt)

दशमूलीक्वाथोऽभयादिगुडूच्यादिकल्कद्वयं (च. द.)–

आमवाते कणायुक्तं दशमूलीजलं पिबेत् । खादेद्वाऽप्यभयाविश्वं गुडूचीं नागरेण वा ।।३८।।

38. For the cure of *āmavāta* the patient should take the decoction of *daśamūla* (10 ml.) along with the powder of *kaṇā* (2 gm.). He may also take *abhayā* and *viśvā* or *guḍūcī* and *nāgara*.

(Cakradatt)

शतपुष्याद्यं चूर्णम्–

शतपुष्या विडङ्गश्च सैन्धवं मरिचं समम् । चूर्णमुष्णाम्बुना पीतमग्निसन्दीपनं परम् ।।३९।।

39. Satapuṣpādya Cūrṇam:

Ingredients: Powders of *śatapuṣpā*, *viḍanga*, rock salt and *marica*.

Process of Drug-Making: Take equal parts of the powders of *śatapuṣpā*, *viḍanga*, rock salt and *marica*. Combine these powders.

Method of use/Administration: Consume this powder in doses of 3-5 gm. along with hot water.

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Therapeutic benefits: It is an excellent recipe for the stimulation of the powder of digestion.

(Cakradatt)

हिङ्ग्वाद्यं चूर्णम्–

हिङ्गु चव्यं विडं शुण्ठी कृष्णाजाजीसपौष्करम् । भागोत्तरमिदंचूर्णंपीतंवातामजिद् भवेत् ।।४०।।

40. Hingavādya Cūrṇam:

Ingredients: *Hingu*, *viḍa*, *śunṭhī*, *kṛiṣṇā*, *ajājī* and *puṣkaramūla*.

Process of Drug-Making: *Hingu* (one part), *viḍa* (two parts), *śunṭhī* (three parts), *kṛiṣṇa* (four parts), *ajājī* (five parts) and *puṣkaramūla* (six parts)–all these drugs should be made to a powder.

Therapeutic benefits: It cures *āmavāta*.

अलम्बुषाद्यं चूर्णम्–

अलम्बुषा गोक्षुरकं त्रिफलानागरामृताः । यथोत्तरं भागवृद्ध्या श्यामा चूर्णं च तत्समम् ।।४१।।
पिबेन्मस्तुसुरातक्रकाञ्जिकोष्णोदकेन वा । पीतं जयत्यामवातं सशोफं वातशोणितम् ।।४२।।
त्रिकजानुरुसन्धिस्थं ज्वरारोचकनाशनम् । हरीतक्यक्षधात्रीभिः प्रसिद्धा त्रिफला क्रमात् ।
प्रत्येकं तेन वा युञ्ज्याद्भागवृद्धिं यथोत्तरम् ।।४३।।

41-43. Alambuṣādya Cūrṇam:

Ingredients: Powders of *alambuṣa*, *gokṣuraka*, *harītakī*, *vibhītakī*, *āmalakī*, *nāgara*, *amṛitā* and *śyāmā*.

Process of Drug-Making: Combine powders of *alambuṣa* (one part), *gokṣuraka* (two, parts), *harītakī* (three parts), *vibhītakī* (four parts) *āmalakī* (five parts), *nāgara* (six parts), *amṛitā* (seven parts) and *śyāmā* (28 parts, i. e. equal to all the rest of the ingredients).

The combination of *harītakī*, *vibhītakī* and *āmalakī* is famous by name of *triphalā*. Therefore, the parts of these herbs should be increased gradually as narrated in the prescription.

Method of use/Administration: Consume this powder in doses of half to 12 gm. along with any of the following: *mastu*, *surā*, *takra*, *kānjika* or warm water.

Therapeutic benefits: Intake of this cures *āmavāta* associated with inflammation, and gout located in sacroiliac-joint, knee-joint and joints in the thighs. It also cures fever and anorexia.

(Cakradatt)

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अलम्बुषाद्यं चूर्णमपरम्–

अलम्बुषां गोक्षुरकं गुडूचीं वृद्धदारकम् । पिप्पलीं त्रिवृतां मुस्तं वरुणं सपुनर्नवम् ।।४४।।
त्रिफलां नागरञ्चैव श्लक्ष्णचूर्णानि कारयेत् । मस्त्वारनालतक्रेण पयोमांसरसेन वा ।।४५।।
आमवातं निहन्त्याशु श्वयथुं सन्धिसंस्थितम् । प्लीहगुल्मोदरानाहदुर्नामानि विनाशयेत् ।।४६।।
अग्निञ्च कुरुते दीप्तं तेजोवृद्धिं बलं तथा । वातरोगाञ्जयत्येष सन्धिमज्जगतानपि ।।४७।।

44-47. Alambuṣādya Cūrṇam (Second Recipe):

Ingredients: *Alambuṣa*, *gokṣuraka*, *guḍūcī*, *vṛiddhadāraka*, *pippalī*, *tṛivṛit*, *mustā*, *varuṇa*, *punarnavā*, *triphalā* and *nāgara*.

Process of Drug-Making: Pulverize equal parts of *alambuṣa*, *gokṣuraka*, *guḍūcī*, *vṛiddhadāraka*, *pippalī*, *tṛivṛit* (roots), *mustā*, *varuṇa*,(barks) *punarnavā*, *triphalā* and *nāgara* into a fine powder.

Method of use/Administration: Consume the powder in doses of half to 12 gm. along with anyone of the following: *mastu*, *aranāla*, *takra*, milk or meat-soup.

Therapeutic benefits: It immediately cures *āmavāta* including the swelling of joints.

(Cakradatt)

वैश्वानरचूर्णम्–

माणिमन्थस्य भागौ द्वौयमान्यास्तद्वदेव हि । भागास्त्रयोऽजमोदाया नागराद् भागपञ्चकम् ।।४८।।
दश द्वौ चहरीतक्याःश्लक्ष्णचूर्णीकृताः शुभाः । मस्त्वारनालतक्रेण सर्पिषोष्णोदकेन वा ।।४९।।
पीतं जयत्यामवातं गुल्मं हृद्वस्तिजान् गदान् । प्लीहानं ग्रन्थिशूलादीनर्शास्यानाहमेव च ।।५०।।
विबन्धं वातजान् रोगांस्तथैव हस्तपादजान् । वातानुलोमनमिदं चूर्णं वैश्वानरं स्मृतम् ।।५१।।

48-51. Vaiśvānara Cūrṇam:

Ingredients: *Manimantha*, *yavānī*, *ajamodā*, dried ginger and *haraḍa*.

Process of Drug-Making: Take *māṇimantha* (two parts), *yavānī* (two Parts), *ajamodā* (three parts), dried ginger (five parts) and *haraḍa* (12 parts). Pulverize these materials into a fine powder and combine them.

Method of use/Administration: Consume this medicine in doses of half to 12 gm. along with anyone of the following; *mastu*, *aranāla*, *takra*, *ghṛitam* or hot water.

Therapeutic benefits: This cures *āma vāta*, *gulma* (phantom tumour), diseases of heart and urinary bladder (including kidney), spleen related disorders, *granthi* (lymphadenitis), colic pain, *ānāha* (distension of abdomen), piles, various

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types of abdominal diseases and diseases of hands and feet. It helps in the downward movement of *vāta*. This is called *Vaiśvanara Cūrṇa*.

अमृतादिचूर्णम् (च. द.)–

अमृतानागरगोक्षुरमुण्डितिकावरुणकैःकृतंचूर्णम् ।मस्त्वारनालपीतमामानिलनाशनंख्यातम् ।।५२।।

52.Amṛitādi Cūrṇam:

Ingredients: Powder of *amṛitā*, *nāgara*, *gokṣura*, *munḍitikā* and *varuṇaka*.

Process of Drug-Making: This is a powder-based formula involving all the ingredients in equal parts.

Method of use/Administration: Consume it in doses of 3-5 gm. along with *mastu* and *aranāla*.

Therapeutic benefits: It cures *āmavāta*.

(Cakradatt)

देवदार्वादिचूर्णम् (भा. प्र.)–

देवदारुवचामुस्तनागरातिविषा भयाः । पिबेदुष्णाम्बुना नित्यमामवातस्य भेषजम् ।।५३।।

53. Devadārvādi Cūrṇam:

Ingredients: Powder of *devadāru*, *vacā*, *mustā*, dried ginger, *ativiṣā* and *haraḍa*.

Process of Drug-Making: This is a powder-based formula involving all the ingredients in equal parts. Combine powders of equal parts of *devadāru*, *vacā*, *mustā*, dried ginger, *ativiṣā* and *haraḍa*.

Method of use/Administration: It is to be taken with warm water.

Therapeutic benefits: This is a great medicine for treating *vāta roga*.

(*Bhāvaprakāśa*)

चित्रकादिचूर्णम् (भा. प्र.)–

चित्रकेन्द्रयवौ पाठा कटुकातिविषाऽभयाः । आमाशयोत्थवातघ्नं चूर्णं पेयं सुखाम्बुना ।।५४।।

54. Citrakaādi Cūrṇam:

Ingredients: Powders of *citraka* roots, *indrayava*, *pāṭhā*, *kaṭukī*, *ativiṣā* and *haraḍa*.

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Process of Drug-Making: Combine powders of equal parts of *citraka* roots, *indrayava*, *pāṭhā*, *kaṭukī*, *ativiṣā* and *haraḍa*.

Method of use/Administration: This medicinal powder is to be taken along with warm water.

Therapeutic benefits: This is a great medicine for treating *vāta roga*.

(*Bhāvaprakāśa*)

पुनर्नवादिचूर्णम् (भा. प्र.)–

पुनर्नवाऽमृताशुण्ठीशताह्वावृद्धदारकम् । शटीमुण्डितिकाचूर्णमारनालेन पाययेत् ।।५५।।
आमाशयोत्थवातघ्नं चूर्णं पेयं सुखाम्बुना । आमवातं निहन्त्याशु गृध्रसीमुद्धतामपि ।।५६।।

55-56. Punarnavādi Cūrṇam:

Ingredients: Powders of *punarnavā*, *amṛitā*, dried ginger, aniseeds, *vṛiddhadāraka śaṭī* and *muṇḍī*.

Process of Drug-Making: Combines powders of equal parts of *punarnavā*, *amṛitā*, dried ginger, aniseeds, *vṛiddhadāraka*, *śaṭī* and *muṇḍī*.

Method of use/ Administration and Therapeutic benefits: If taken with *kānji* this medicinal powder cures disease of *vāta roga* connected with stomach and *ādhamana*. If taken with warm water it proves a great medicine for treating *vāta roga* and severe cases of sciatica.

(*Bhāvaprakāśa*)

आभाद्यचूर्णम् (यो. र. वा. व्या.)–

आभा रास्ना गुडूची च शतमूली महौषधम् । शतपुष्पाऽश्वगन्धा च हवुषा वृद्धदारकः ।।५७।।
यमानी चाजमोदा च समभागानि कारयेत् । सूक्ष्मचूर्णमिदं कृत्वा बिडालपदकं पिबेत् ।।५८।।
मद्यैर्मांसरसैर्यूषैस्तक्रैरुष्णोदकेन वा । सपिषा वाऽपि लेह्यन्तु दधिमण्डेन वा पुनः ।।५९।।
अस्थिसन्धिगतं वायुं स्नायुमज्जाश्रितञ्च यत् । कटिग्रहं गृध्रसीञ्च मन्यास्तम्भं हनुग्रहम् ।।६०।।
येचकोष्ठगतारोगास्तांश्चसर्वान् प्रणाशयेत् । आभाद्यो नाम चूर्णोऽयं सर्वव्याधिनिबर्हणः ।।६१।।

57-61. Ābhādya Cūrṇam:

Ingredients: Powders of *babbūla* bark, *rāsnā*, *guḍūcī*, *śatāvarī*, dried ginger, aniseeds, *aśvagandhā*, *havuṣā*, *vṛiddhadāraka*, *yamānī* and *ajamodā*.

Process of Drug-Making: Obtain in equal parts, powders of the following herbs: *babbūla* bark, *rāsnā*, *śatāvarī*, dried ginger, aniseeds, *aśvagandhā*, *havuṣā*, *vṛiddhadāraka*, *yamānī* and *ajamodā*.

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Method of use/Administration: This medicinal powder is to be taken in doses of 12 gm. The medicine can be taken, depending on the condition of patient and his indispositions, along with liquor, meat-soup, *yūṣa*, buttermilk, warm water, *ghṛitam* and curd.

Therapeutic benefits: This *Ābhādya Cūrṇa* cures the vitiated *vāta* of bones, joints, nerves and marrows. It also cures one from pains of back, sciatica and different kinds of *vāta roga*. Depending on types of *anupāna* this medicine cures all kinds of diseases.

(*Yoga Ratnākar*)

पथ्याद्यं चूर्णम् (भा. प्र.)–

पथ्याविश्वयमानीभिस्तुल्याभिश्चूर्णितं पिबेत् । तक्रेणोष्णोदकेनापि काञ्जिकेनाथवा पुनः ।।६२।।
आमवातं निहन्त्याशु शोथं मन्दाग्निनतामपि । पीनसं कासहृद्रोगौ स्वरभेदमरोचकम् ।।६३।।

62-63. Pathyādya Cūrṇam:

Ingredients: *Pathyā* (*haraḍa*), dried ginger and caraway seeds.

Process of Drug-Making: Obtain fine powder of *pathyā* (*haraḍa*), dried ginger and caraway seeds in equal parts. Combine the mix.

Method of use/Administration: Their mixture is to taken in doses of 3-5 gm. along with *kanji* or warm water or buttermilk.

Therapeutic benefits: Medication through this medicinal powder cures such diseases as *vāta roga*, *śotha*, loss of digestive power, sinus, *kāsa* (coughs), anorexia, hoarseness of voice and heart problems.

(*Bhāvaprakāśa*)

प्रसारणीसन्धानम्–

प्रसारण्याढकक्वाथे प्रस्थौ गुडरसोनयोः । पंचकोलरजः पादः पक्वःस्यादामवातहा ।।६४।।

64. Decoct the herb *gandhaprasāraṇī* measuring 3 kg. in water measuring 24 litre. Boil the preparation to one eighth. Add to it 750 gm. of raw sugar and 750 gm. of garlic bulbs. Store this medicine in a safe jar and tightly close its mouth. Preserve the preparation for one week. After that add to it 190 gm. measure each of the powders of: *pippalī*, *pippalīmūla*, *cavya*, *citraka* and dried ginger. This is a medicine for *vāta roga*.

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आमवातारिवटिका–

रसगन्धकलौहार्कतुत्थटङ्गणसैन्धवान् । समभागान्विचूर्ण्याथ चूर्णाद् द्विगुणगुग्गुलुः ।।६५।।
गुग्गुलोः पादिकं देयं त्रिवृताचूर्णमुत्तमम् । तत्समं चित्रकस्याथ घृतेन वटिकां कुरु ।।६६।।
खादन्माषद्वयीञ्चेमां त्रिफलाजलयोगतः । आमवातारिवटिका पाचिका भेदिका मता ।।६७।।
आमवातं निहन्त्याशु गुल्मशूलोदराणि च । यकृत्प्लीहोदराष्ठीलां कामलां पाण्डुरोगकम् ।।६८।।
हलीमकं चाम्लपित्तं श्वयथुं श्लीपदार्बुदौ । ग्रन्थिशूलं शिरःशूलं वातरोगञ्च गृध्रसीम् ।।६९।।
गलगण्डं गण्डमालां क्रिमिकुष्ठविनाशिनी । विद्रधिं गर्दभानाहावन्त्रवृद्धिञ्च नाशयेत् ।।७०।।

65-70. Āmavātari Vaṭikā:

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma*, *tāmra bhasma*, purified *tuttha*, purified borax, rock salt, purified *guggulu*, powder of *ṭrivṛit* roots and *citraka* roots.

Process of Drug-Making: Take 10 gm. measure each of the purified *pārada*, purified *gandhaka*, *lauha bhasma*, *tāmra bhasma*, purified *tuttha*, purified borax and rock salt. First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the materials to it. Compound the powder thoroughly and mix it. Take purified *guggulu* in measurement double of the combined weight of the above i.e. 140 gm. Also take powder of *ṭrivṛit* roots measuring 140 gm. and same quantity of *citraka* roots. Also add 50 gm. of *ghṛitam* to the preparation. Mix all of the ingredients above and thoroughly triturate them for one full day. Make small pills measuring 1 gm. each and dry them.

Method of use/Administration: This *vaṭī* (pill) is to be taken with decoction of *ṭriphalā*.

Therapeutic benefits: This medicine is named as *Āmavātāri Vātika* is very effective in treating problems of digestion and *vāta roga*. It removes away a variety of diseases including the following: *gulma*, colic pains, problems related to gastro intestinal tract, enlargement of spleen, enlargement of liver, *aṣṭhilā*, anemia, jaundice, *āmlapitta*, *śotha*, elephantiasis (*ślīpada*), *arbuda*, *granthiśūla*, headache, sciatica, *galaganḍa*, *ganḍamāla*, worm diseases, *kuṣṭha* (skin diseases including leprosy), *vidradhi*, *pāṣāṇagardabha*, *ānāha* and hernia.

(*Rasendra Sār Sangraha*)

आमवातारिरसः–

रसो गन्धो वरा वह्निर्गुग्गुलुः क्रमवर्द्धितः । एतदेरण्डतैलेन श्लक्ष्णचूर्णं प्रपेषयेत् ।।७१।।
कर्षोऽस्यैरण्डतैलेन हन्त्युष्णाजलपायिनाम् । आमवातमतीवोग्रं दुग्धमुद्गादि वर्जयेत् ।।७२।।

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71-72. Āmavātāri Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *triphalā* herbs, roots of *citraka*, purified *guggulu* and *eraṇḍa* oil.

Process of Drug-Making: Take purified *pārada* measuring 10 gm., purified *gandhaka* measuring 20 gm., 30 gm. measure of the *triphalā* herbs (each of the three taken in equal parts) and 40 gm. measure of the roots of *citraka*. Also take purified *guggulu* measuring 50 gm. First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the materials into it. Process the mix through mortar by adding into it the *eraṇḍa* oil (50 ml.) and dry the same.

Method of use/Administration: This medicine *Āmavātāri Rasa* is to be taken in doses of 1-2 gm. along with warm water. While taking this medicine the patient should avoid milk and *mudga* (kidney beans) pulse and oily edibles.

Therapeutic benefits: This medicine is every effective cure of *vāta roga*.

(*Rasendra Sār Sangraha*)

आमवातेश्वरो रसः–

शुद्धगन्धपलार्द्धञ्च मृतताम्रञ्च तत्समम् । ताम्रार्द्धं पारदं देयं रसतुल्यं मृतायसम् ।।७३।।
सर्वं पञ्चाङ्गुलेनैव भावयेच्च पुनः पुनः । सञ्चूर्ण्य पञ्चकोलस्य क्वाथे सर्वं विमर्दयेत् ।।७४।।
रौद्रे विंशतिवारांश्च गुडूचीनां रसैर्दश । भृष्टटङ्कणचूर्णेन तुल्येन सह मेलयेत् ।।७५।।
टङ्कणार्द्धं विडं देयं मरिचं विडतुल्यकम् । तिन्तिडीक्षारतुल्यं च सूततुल्यञ्च दन्तिकम् ।।७६।।
त्रिकटु त्रिफलां चैव लवङ्गं चार्द्धभागिकम् । आमवातेश्वरो नाम विष्णुना परिकीर्तितः ।।७७।।
महाग्निकारकोह्येषआमवातकुलान्तकः । स्थूलानांकुरुते कार्श्यं कृशानां स्थौल्यकारकम् ।।७८।।
अनुपानवशेनैव सर्वरोगकुलान्तकः । साध्यासाध्यं निहन्त्याशु आमवातं सुदारुणम् ।।७९।।
गुरुवृष्यान्नपानानि पयो मांसरसा हिताः । भोजयेत्कण्ठपर्यन्तं चतुर्गुञ्जामितं रसम् ।।८०।।
कटवम्लतिक्तरहितं पिबेत्तदनुपानकम् । शीघ्रं जीर्यति तत्सर्वं जायते दीपनः परः ।।८१।।
अनेन सदृशो नास्ति वह्निसन्दीपनो रसः । गुल्मार्शोग्रहणीरोगशोथपाण्डूदरापहः ।।८२।।

73-82. Āmavāteśvara Rasa:

Ingredients: Purified *gandhaka*, *tāmra bhasma*, purified *pārada*, *lauha bhasma*, juice of *eraṇḍamūla* barks, decoction of *pañcakola*, powder of roasted borax, powdered *biḍa lavaṇa*, black pepper powder, *kṣāra* of tamarind, powder of *dantī* plant's root, powders of dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī* and clove.

Process of Drug-Making: Take purified *gandhaka* (23 gm.), *tāmra bhasma* (23 gm.), purified *pārada* (quantity measuring half of *tāmra bhasma* i.e. 12 gm.)

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and *lauha bhasma* (12 gm.). First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix into it the *lauha* and *tāmra bhasmas*. Collectively mortar them into a fine powder. Obtain juice of *eraṇḍamūla* and decoction of *pañcakola*. Process this powder through *bhāvanā* method for seven times with juice of *eraṇḍamūlatvaka* and 20 times with decoction of *pañcakola*. Pulverize this mixture under sun.

Following this, take powder of the roasted borax equivalent to pulverized compound (i.e. 70 gm.), powdered *biḍa lavaṇa* (equal to half of borax i.e. 35 gm.), black pepper powder equivalent to the *biḍa lavaṇa* i.e.35 gm., *kṣāra* of tamarind equivalent to the quantity of *pārada* i.e. 35 gm., powder of *dantī* plant's root and powders of the following materials measuring half of *pārada*'s quantity i.e. 6 gm.:dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī* and clove. Collectively mortar all these materials to get *Āmavāteśvara Rasa*. This medicine has been prepared by God Viṣnu.

Method of use/Administration: While consuming this medicine one should eat more of the meals that are hevy to digest, that are aphrodisic in effect (i. e. *vṛiṣya khādya*), milk, meat soups etc. This medicine should be consumed in doses of 500 mg. (modern dose 250 mg. to 500 mg.) along with juices and decoction of edibles that are *kaṭu*, *āmalakī*, *tikta* in taste.

Therapeutic benefits: This medicine increases digestive power, cures all types of *vāta roga* and checks the *āmadoṣa*. It promotes a lean and thin person into a robust figure. If consumed with different *anupānas* it can cure various diseases especially the *āmavāta* cases that are curable or seemingly incurable. This medication helps in easy digestion all types of edibles. There is no other medicine which can cure *gulma*, *arśa*, *sangrahaṇī*, *śotha*, *pāṇḍu* and problems of gastrointestinal tract with as much efficiency as by this medicine.

(*Rasendra Sār Sangraha*)

वातगजेन्द्रसिंहः–

अभ्रं लौहं रसं गन्धं ताम्रं नागं सटङ्कणम् । विषं सिन्धुं लवङ्गञ्च हिङ्गु जातीफलं समम् ।।८३।।
तदर्द्धं त्रिसुगन्धञ्च त्रैफलं जीरकं तथा । कन्यारसेन सम्पिष्य वटी कार्या त्रिरक्तिका ।।८४।।
सेव्या पयोऽनुपानेन सदा प्रातः सुखान्वितैः । अशीतिं वातजान् रोगाँश्चत्वारिंशच्च पैत्तिकान् ।
विंशतिं श्लैष्मिकान् रोगान् सेवनादेव नाशयेत् ।।८५।।
अभिघातेनयेक्षीणाःक्षीणार्द्धवयवाश्चये।व्याधिक्षीणा वयःक्षीणा स्त्रीक्षीणाश्चापि ये नराः ।।८६।।
क्षीणेन्द्रिया नष्टशुक्रा वह्निहीनाश्च मानवाः । तेषां वृष्यश्च बल्यश्च वयःस्थापन एव च ।।८७।।

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खञ्जानां पङ्गुकुब्जानां क्षीणानां मांसवर्द्धनः । अरोगी सुखमाप्नोति रोगी रोगाद्विमुच्यते ।।८८।।
रसस्यास्य प्रसादेन नास्ति रोगाद्भयं क्वचित् । वातगजेन्द्रसिंहोऽयं रसो रोगविनाशकः ।।८९।।

83-89. Vātagajendra Sinha Rasa:

Ingredients: Powders of *abhraka bhasma*, *lauha bhasma*, purified *pārada*, purified *gandhaka*, *tāmra bhasma*, *nāga bhasma*, purified borax, purified *vatsanābha viṣa*, rock salt, clove, *hingu* fried in *ghṛitam*, *jātīphala*, cinnamon, smaller cardamom, cassia leaves, *haraḍa*, *vibhītaka*, *āmalakī*, cumin seeds and juice of *ghṛitakumārī*.

Process of Drug-Making: Get powders of the following materials in measurement of 20 gm. each: *abhraka bhasma*, *lauha bhasma*, purified *pārada*, purified *gandhaka*, *tāmra bhasma*, *nāga bhasma*, purified borax, purified *vatsanābha viṣa*, rock salt, clove, *hingu* fried in *ghṛitam* and *jātīphala*. Also take 10 gm. measure of each of the following: cinnamon, smaller cardamom, cassia leaves, *haraḍa*, *vibhītaka*, *āmalakī* and cumin seeds.

First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the materials into it. Mortar the compound with the juice of *ghṛitakumārī* for three hours. Prepare pills measuring 375 mg. each and dry them under shade.

Method of use/Administration: Consume one pill daily during morning hours along with lukewarm milk.

Therapeutic benefits: This medicine is known as *Vātagajendra Sinha Rasa*. It cures eighty types of *vāta* diseases, forty types of *pitta* diseases and twenty types of *śleṣmika* diseases. This medicine provides strength, stamina and aphrodisiac power to the patients who have become lean due to wounds and excessive intercourse, have developed a weakness of the *indṛiyas* (sense organs), those who possess only weak sperms and have a weak digestive power. It is a good medicine for *khanja*, *pangu* and *kubja* patients. If a disease-free person consumes this medicine he would remain trouble-free and if a patient consumes this medicine he becomes disease-free. This medicine can cure all types of diseases if taken along with proper *anupānas*.

आमप्रमाथिनी वटिका–

सौरकं रविमूलञ्च गन्धकं लौहमभ्रकम् । पिष्ट्वाऽऽरग्वधतोयेन कुर्यान्माषमितां वटीम् ।।९०।।
त्रिवृत्क्वाथे च सा सेव्या कफामयनिषूदनी । आमवातप्रशमनी वटिकाऽऽमप्रमाथिनी ।।९१।।

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90-91. Āmapramāthini Vaṭikā:

Ingredients: *Soraka*, powder of *arka* plant's root, purified *gandhaka*, *lauha bhasma*, *abhraka bhasma* and juice of *āragvadha* leaves.

Process of Drug-Making: Take equal parts of *soraka*, powder of *arka* plant's root, purified *gandhaka*, *lauha bhasma* and *abhraka bhasma*. Pulverize all these materials into a fine powder. Mortar the resultant compound with the juice of *āragvadha* leaves for 12 hours. Prepare pills in measurement of 250 mg. each and dry them.

Method of use/Administration: Consume one pill of the medicine along with the decoction of *niśotha*.

Therapeutic benefits: This medicine is called *Āmapramāthini Vaṭikā* and it cures disorders of *kapha* and *āmavāta*.

आमवाताद्रिवज्ररसः–

रसगन्धकलौहाभ्रफणिफेनं समं समम् । सप्तधा यावशूकस्य मर्दयेद्विजयाऽम्भसा ।।९२।।
ततो माषार्द्धमानञ्च विदध्याद्वटिकां भिषक् । यथादोषानुपानेन प्रदद्यादामवातिने ।।९३।।
आमवातं महाघोरं प्रमेहानपि विंशतिम् । आमवाताद्रिवज्राख्यो रसो हन्ति न संशयः ।।९४।।

92-94. Āmavātādṛivajra Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma*, *abhraka bhasma*, *ahiphena*, *yavakṣāra* and juice of *vijayā* leaves.

Process of Drug-Making: Obtain purified *pārada* (20 gm.), purified *gandhaka* (20 gm.), *lauha bhasma* (20 gm.), *abhraka bhasma* (20 gm.), *ahiphena* (20 gm.) and *yavakṣāra* (140 gm.). First of all prepare *kajjalī* out of purified *ārada* and *gandhaka* and mix rest of the materials into it. Pulverize this compound into a fine powder. Triturate this fine powder with the juice of *vijayā* leaves for 12 hours. Prepare pills measuring 125 mg. each and dry them.

Method of use/Administration: Depending on the condition of indisposition, one should take one pill of the medicine every day alongwith different *anupānas*.

Therapeutic benefits: This medicine is called *Āmavātādṛivajra Rasa*. It is very useful for the patients of *āmavāta*. This medicine undoubtedly cures severe *āmavāta* and pain due to *vāta* disorder.

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अमृतमञ्जरी (र. सा. सं.)–

हिङ्गुलं च विषं चैव कणामरिचटङ्गणम् । जातीकोषं समं सर्वं जम्बीररसमर्दितम् ।।९५।।
रक्तिमानां वटीं कुर्यादार्द्रकद्रवसंयुताम् । वटीद्वयं त्रयं खादेत् संनिपातं सुदारुणम् ।।९६।।
अग्निमान्द्यमजीर्णं च सामवातं सुदारुणम् । उष्णतोयानुपानेन सर्वं व्याधिं नियच्छति ।।९७।।
कासं पञ्चविधं श्वासं सर्वाङ्गग्रहमेव च । जीर्णज्वरं क्षयं कासं हन्यादमृतमञ्जरी ।।९८।।

95-98. Amṛitamañjarī:

Ingredients: Powders of purified *hiñgula*, purified *vatsanābha viṣa*, *pippalī*, black pepper, purified borax, *jātīkoṣa* and juice of *jambīra* lemon.

Process of Drug-Making: Obtain powders of the following in measurement of 12 gm. each: purified *hiñgula*, purified *vatsanābha viṣa*, *pippalī*, black pepper, purified borax and *jātīkoṣa*. Pulverize these materials into a fine powder. Triturate this fine powder with the juice of *jambīra* lemon. Prepare pills in measurement of 125 mg. each and dry them under shade.

Method of use/Administration: This *Amṛitamañjarī* medicine should be consumed in doses of two-three pills along with juice of ginger. If the same medicine is consumed through warm water then it has the capacity to cure all types of the diseases including five types of *kāsa* (coughs), asthma, stiffness in throat, *jīrṇajvara*, *kṣaya* and *kapha*.

Therapeutic benefits: It treats cases of severe *sannipāta*, loss of digestive power, *ajīrna* and severe *āmavāta*.

(*Rasendra Sār Sangraha*)

त्रिफलादिलौहम्–

त्रिफला मुस्तकं व्योषं विडङ्गं पुष्करं वचा । चित्रकं मधुकं चैव पलांशं श्लक्ष्णचूर्णितम् ।।९९।।
अयश्चूर्णपलान्यष्टौ गुग्गुलोस्तावदेव हि । आलोढ्य मधुनोपेतं पलद्वादशकेन च ।।१००।।
प्रातर्विलिह्य भुञ्जानो जीर्णे तस्मिञ्जयेद्भुजः । दुःसाध्यमामवातञ्च पाण्डुरोगं हलीमकम् ।।
जीर्णान्नसम्भवं शूलं श्वयथुं विषमज्वरम् ।।१०१।।

99-101. Triphalādi Lauham:

Ingredients: Powders of *triphalā* herbs, *mustā*, *vyoṣa*, *vāyaviḍanga*, *puṣkaramūla*, *vacā*, root of *citraka*, *madhuyaṣṭī*, *lauha bhasma*, purified *guggulu* and honey.

Process of Drug-Making: Take the following materials: powders of *triphalā* herbs(46 gm.), *mustā* (46 gm.), *vyoṣa* (46 gm.), *vāyaviḍanga*(46 gm.), *puṣkaramūla* (46 gm.), *vacā* (46 gm.), root of *citraka* (46 gm.), *madhuyaṣṭī* (46

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gm.), *lauha bhasma* (375 gm.) and purified *guggulu* (375 gm.). Pulverize all these materials into a fine powder. Further triturate this powder with 520 gm. measure of honey and preserve the same in an earthenware.

Method of use/Administration: Consume 1-2 gm. of this medicine during the mornings hours.

Therapeutic benefits: This medicine is called as *Triphalādi Lauham* and it is capable of curing severe *āmavāta*, *pāṇḍu*, *halīmaka*, *śūla* caused due to undigested cereals,and due to *śotha* and *viṣam jvara*.

(*Rasendra Sār Sangraha*)

विडङ्गादिलौहम्–

वज्रपाण्ड्यादिलौहानां ग्राह्यं पञ्चपलं शुभम् । चूर्णं मृताभ्रकस्यापि लौहार्द्धं पारदं तथा ।।१०२।।
त्रिगुणात्रिफलाग्राह्यालौहाभ्रंषोडशैर्जलैः । पक्त्वाऽष्टभागशेषन्तु ग्राह्यं क्वाथजलं ततः ।।१०३।।
तेन लौहाभ्रचूर्णञ्च पुनः पाच्यं समं घृतम् । शतावर्य्या रसञ्चैव क्षोरञ्च द्विगुणं रसात् ।।१०४।।
लौहमय्या पचेद्दर्व्या पात्रे चायसि ताम्रके । पचेत्पाकविधिज्ञस्तु वह्निना मृदुना शनैः ।।१०५।।
सिद्धे च प्रक्षिपेदेतान् विडङ्गादियथोदितान् । विडङ्गं नागरं धान्यं गुडूचीसत्त्वजीरकम् ।।१०६।।
पलाशबीजं मरिचं पिप्ली हस्तिपिप्पली । त्रिवृता त्रिफला दन्ती एला चैरण्डकं तथा ।।१०७।।
चविका ग्रन्थिकं चित्रं मुस्तकं वृद्धदारकम् । सर्वेषां चूर्णमेतेषां लौहाभ्रकसमं भवेत् ।।१०८।।
आमवातगजेन्द्रस्य केशरी विधिनिर्मितः । आमवातश्शोथश्चाप्यग्निमान्द्यं हलीमकम् ।।१०९।।
कामलां पाण्डुरोगञ्च हन्याद् द्रव्यं रसायनम् ।।११०।।

102-110. Viḍangādi Lauham:

Ingredients: Any one *bhasma* obtained from the group of the *vajra-pāṇḍyādi lauhas*, *abhraka bhasma*, purified *pārada*, purified *gandhaka*, *triphalā*, water, cow's *ghṛitam*, juice of *śatāvarī*, cow milk, fine powders of *viḍangādi* drugs viz. *vāyaviḍanga*, coriander seeds, abstract of *guḍūcī*, cumin seeds, seed of *palāśa*, black pepper, *pippalī*, *hastipippalī*, root of *tṛivṛit*, *triphalā* (made up of equal parts of their contents), root of *dantī*, cardamom, root of *eraṇḍa*, *cavya*, *pippalīmūla*, root of *citraka*, *mustā* and *vṛiddhadāraka*.

Process of Drug-Making: Gather any one of the *bhasmas*obtained from the group of the *vajra-pāṇḍyādi lauhas* (230 gm.), *abhraka bhasma* (230 gm.), purified *pārada* (115 gm.) and purified *gandhaka* (115 gm.). First of all prepare *kajjalī* out of *pārada* and *gandhaka*. Take *triphalā* (thrice the quantity of the combined weight of *lauha* and *abhraka* i.e. 1725 gm.) in an earthen pot and decoct it in water measuring 16 times to the weight of *triphalā* i.e. 27600 ml. Decoct the

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preparation till the original quantity is reduced to 3450 ml. Fill this decoction in a metallic pan (made up of iron or *tāmra*) and add into it the above mentioned *kajjalī*, *lauha bhasma* and *abhraka bhasma*. Cook this compound on a slow heat to obtain a confections (*leha*) out of it. When this preparation is half-cooked, add cow's *ghṛitam* (460 gm.), juice of *śatāvarī* (345 ml.), cow milk (460 ml.) into it and with a help of large spoon continue to stir the recipe till its assumes the shape of syrup. Subsequently, after a little while, add into it fine powders of *viḍangādi* drugs viz. *vāyaviḍanga*, coriander seeds, abstract of *guḍūcī*, cumin seeds, seed of *palāśa*, black pepper, *pippalī*, *hastipippalī*, root of *tṛivṛit*, *tṛiphalā* herbs (made up of equal parts i.e. 23 gm. each of their contents), root of *dantī*, cardamom, root of *eraṇḍa*, *cavya*, *pippalīmūla*, root of *citraka*, *mustā* and *vṛiddhadāraka*. The quantity of these materials should be equal and only a quantity of 483 gm. is to be added into the preparation. After mixing this powder, pulverize the recipe with a large spoon and remove the pan from stove.

Therapeutic benefits: This medicine is known as *Viḍangādi Lauha*. The medicine acts like a lion and kills the *āmavāta*, which is referred to as an elephant. If consumed with different *anupānas* this medicine can cure *lauha āmavāta*, *śotha*, loss of digestive power, *halīmaka*, jaundice and *pāṇḍu*. This medicine also provides vital minerals to the body.

पञ्चाननरसलौहम्–

जारितं पुटितं लौहचूर्णं पञ्चपलं शुभम् । गुग्गुलोश्च पलं पञ्च लौहार्द्धं मृतमभ्रकम् ।।१११।।
शुद्धसूतमभ्रसमं गन्धकं तत्समं भवेत् । त्रिगुणामयसश्चूर्णात् कृत्वा तां त्रिफलांपचेत् ।।११२।।
द्विरष्टभागं पानीयमष्टभागावशेषितम् । तेन चाष्टावशेषेण पचेल्लौहाभ्रगुग्गुलुम् ।।११३।।
घृततुल्यं शतावर्या रसं दत्त्वा तथा शुभम् । प्रस्थं प्रस्थञ्च दुग्धस्य शनैर्मृद्वग्निना पचेत् ।।११४।।
लौहमय्या पचेद्दर्व्या पात्रे चायसि मृन्मये । ततः पाकविधिज्ञस्तं पाकसिद्धौ विनिक्षिपेत् ।।११५।।
विडङ्गं नागरं धान्यं गुडूचीसत्त्वजीरकम् । पञ्चकोलं त्रिवृद्दन्ती त्रिफलैला च मुस्तकम् ।।११६।।
सुचूर्णितञ्च प्रत्येकमेषामार्द्धपलं क्षिपेत् । रसस्य कज्जलीं कृत्वा ईषदुष्णे विमर्दयेत् ।।११७।।
सुरां सौवीरकं सीधुं क्षीरञ्चानु पिबेन्नरः । उत्तार्य स्थापयेद्भाण्डे स्निग्धे चापि सुरक्षितम् ।
घृतेन मधुना पश्चाद् मर्दयित्वाऽनुपानतः ।।११८।।
गुडूचीनागरैरण्डं क्वाथयित्वा जलं पिबेत् । भक्षयेच्छुद्धदेहस्तु शुभेऽहनि सुरार्चकः ।।११९।।
आमवातमहाव्याधिविनाशायेष्टदेवता । सन्धिवातं कटीशूलं कुक्षिशूलं सुदारुणम् ।।१२०।।
जङ्घापदाङ्गुलीशूलं गृध्रसीं हन्ति पङ्गुताम् । गुल्मशोथं पाण्डुरोगं सन्धिवातञ्च दुःसहम् ।
आमवातगजेन्द्रस्य केशरी विधिनिमितः ।।१२१।।

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111-121. Pañcānana Rasa Lauham:

Ingredients: Purified *lauha bhasma*, purified *guggulu*, *abhraka bhasma*, purified *pārada*, purified *gandhaka*, *triphalā*, water, cow's *ghṛitam*, juice of *śatāvarī*, milk, powders of *vāyaviḍanga*, dried ginger, coriander seed, abstract of *guḍūcī*, cumin seeds, *pippalī*, *pippalīmūla*, *cavya*, root of *citraka*, root of *trivṛit*, root of *dantī*, *triphalā* herbs (separately), cardamom and *mustā*.

Process of Drug-Making: Obtain thoroughly purified *lauha bhasma* (230 gm.), purified *guggulu* (230 gm.), *abhraka bhasma* (115 gm.), purified *pārada* (115 gm.) and purified *gandhaka* (115 gm.). First of all prepare *kajjalī* out of purified *pārada* and *gandhaka*. Take *triphalā* herbs (thrice the quantity of *lauha bhasma* i.e. 700 gm.) and decoct them in water (16 times in measure, i.e. 11.280 litre). Decoct them till the original quantity is reduced to one eighth and filter the recipe later. Put the decoction into an iron pan and add to it the above mentioned *lauha bhasma*, *abhraka*, *guggulu* and 750 ml. each of cow's *ghṛitam*, juice of *śatāvarī* and milk. Cook the preparation on a slow heat. When the preparation is semi-cooked add into it 23 gm. each of the following powders: *vāyaviḍanga*, dried ginger, coriander seed, abstract of *guḍūcī*, cumin seeds, *pippalī*, *pippalīmūla*, *cavya*, root of *citraka*, root of *trivṛit*, root of *dantī*, *triphalā* herbs (separately), cardamom and *mustā*. Also add to the recipe the *kajjalī* prepared out of *pārada* and *gandhaka*. After mixing all these materials, properly stir and pulverize the recipe with a large spoon. Subsequently, remove the pan from the stove and let it cool down. When it is cooled to the atmospheic temprature, put the compound in a *ghṛitam* coated earthenware or in a glassware.

Method of use/Administration: This medicine is called as *Pañcānana Rasa Lauha*. It should be consumed by the patient first on an auspicious days after cleaning the body through *vamana* and *virecana* therapies. Before consuming the drug it should be properly mixed and stirred in *ghṛitam* and honey. The dosage of this medicine is 1 gm. Subsequently, decoction made out *guḍūcī*, dried and root *eraṇḍa* should be consumed as an *anupāna*.

Therapeutic benefits: This medicine is very useful in curing *āmavāta*. If taken with different *anupānas* this medicine can cure *sandhigata vāta*, *kaṭiśūla*, severe *kukṣiśūla*, *janghāśūla*, *anguliśūla*, *gṛidharasī*, *pangu*, *gulma*, *śotha* and *pāṇḍu*. This medicine is very effective in curing *āmavāta*.

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अजमोदादिवटकः–

अजमोदमरिचपिप्पलिविडङ्गसुरदारुचित्रकशताह्वाः।
सैन्धवपिप्पलिमूलंभागानवकस्यपलिकाःस्युः ।।१२२।।
शुण्ठी दशपलिका स्यात् पलानि तावन्ति वृद्धदारस्य ।
पथ्या पञ्चपलानि च सर्वाण्येकत्र सञ्चूर्ण्य ।।१२३।।
समगुडवटकानदतश्चूर्णं वाऽप्युष्णवारिणा पिबतः।
नश्यन्त्यामानिलजाः सर्वे रोगाः सुकष्टाश्च ।।१२४।।
विसूचिका प्रतितूनी हृद्रोगा गृध्रसी चोग्रा ।
कटिबस्तिगुदस्फुटनं चैवास्थिजङ्घयोः शीघ्रम् ।।१२५।।
श्वयथुस्तथाऽङ्गसन्धिषु ये चान्येऽप्यामवातसंभूताः ।
सर्वे प्रयान्ति नाशं तम इव सूर्यांशुविध्वस्तम् ।।१२६।।

122-126. Ajamodādi Vaṭaka:

Ingredients: *Ajamodā*, *marica*, *pippalī*, *viḍanga*, *surā dāru*, *citraka*, *śatāhvā*, rock salt, *pippalīmūla*, *śunṭhī*, *vṛidhadāra* and *pathyā*.

Process of Drug-Making: Obtain *ajamodā* (48 gm.), *marica* (48 gm.), *pippalī* (48 gm.), *viḍanga* (48 gm.), *surā dāru* (48 gm.), *citraka* (48 gm.), *śatāhvā* (48 gm.), rock salt (48 gm.), *pippalīmūla* (48 gm.), *śunṭhī* (480 gm.), *vṛidhadāra* (480 gm.) and *pathyā* (240 gm.). Powder these materials together and add to it *guḍa* equal to the combined weight of the compound. Prepare large sized bolus out of this mix.

Method of use/Administration: These bolus should be taken in the morning along with warm water.

Therapeutic benefits: It cures all serious ailments caused by *āmavāta*. It all cures *viṣūcīkā* (choleric diarrhoea), *pratitūni*, heart diseases, serious type of sciatica, cramps in lumber region, region of urinary bladder and anus, cracking (sound) of serious nature in the bones of the calf region and edema. It also cures all other ailments caused in the joints and body as a result of *āmavāta*. By the intake of this recipe diseases disappear as the darkness is extinguished by the onset of sun.

(Cakradatt)

आमगजसिंहो मोदकः–

शुण्ठीचूर्णस्यप्रस्थैकं यमान्याश्च पलाष्टकम् । जीरकस्य पलद्वन्द्वं धन्याकस्य पलद्वयम् ।।१२७।।
पलैकं शतपुष्पाया लवङ्गस्य पलं यथा । टङ्कणस्य पलं ग्राह्यं मरिचस्य पलं भवेत् ।।१२८।।

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त्रिवृतात्रिफलाक्षारपिप्पलीनां पलं पलम् । एतेषां सर्वचूर्णानां खण्डं दद्याद् गुणत्रयम् ।।१२९।।
घृतेन गुडकीकृत्य मोदको मधुना कृतः । शट्येलातेजपत्राणां कर्षं दद्याद् गुडत्वचः ।।१३०।।
चतुर्भिरधिवासोऽस्यतोलैकंखादयेद्बुधः।शरीरंवीक्ष्यमात्राऽस्य युक्त्या वा त्रुटिवर्द्धनम् ।।१३१।।
आमवातप्रशमनः कटीग्रहविनाशनः । शूलघ्नो रक्तपित्तघ्नश्चाम्लपित्तविनाशनः ।।१३२।।
श्रीमता चन्द्रनाथेन गुरुणा भाषितं मयि । श्रीमद्गहननाथोऽयं कृतवान् मोदकं शुभम् ।।१३३।।
गर्जत्वामगजेन्द्रोऽयमजीर्णवनमागतः । यथा सिंहो वने हन्ति दन्तिनं बलिनं शुभम् ।
तथाऽऽमवातकरिणं निहन्त्येव न संशयः ।।१३४।।

127-134. Āmagajasinha Modaka:

Ingredients: Powders of dried ginger, caraway, cumin seeds, coriander seeds, aniseeds, clove, purified borax, black pepper, *triviṛit*, *haraḍa*, *vibhītaka*, jaggery, *karcūra*, smaller cardamom, cassia leaves, cinnamon, *ghṛitam* and honey.

Process of Drug-Making: Get powders of the ingredients in the following measures: dried ginger (750 gm.), caraway (375 gm.), cumin seeds (93 gm.), coriander seeds (93 gm.), aniseeds (46 gm.), clove (46 gm.), purified borax (46 gm.), black pepper (46 gm.), *triviṛit* (46 gm.), *āmalakī* (15 gm.), *haraḍa* (15 gm.), *vibhītaka* (15 gm.), jaggery (thrice the quantity of all these materials i.e. 5037 gm.), *karcūra* (12 gm.), smaller cardamom (12 gm.), cassia leaves (12 gm.), cinnamon (12 gm.). Mix all these materials and prepare balls measuring 10 gm. each by mixing into the recipe the adequate quantity of *ghṛitam* and honey (46 gm.).

Method of use/Administration: Consume this medicine in measurement of 10 gm. every day. Depending on the condition of the patient and stage of the indisposition the dosage can be increased.

Therapeutic benefits: This medicine cures *āmavāta*, *kaṭigraha*, *śūla*, *rakta pitta* and *āmlapitta*. This medicine has been orated by Śrī Chandranāth Guru to Gahananāthjī and Gahananāthjī prepared this medicine for the first time. *Āmavāta* disorder is like a roaring elephant, which causes damage to our forest like body. The medicine *Āmagajasinho Modaka* acts like a lion and eliminates this menace.

(*Rasendra Sār Sangraha*)

रसोनपिण्डः–
रसोनस्य पलशतं तिलस्य कुडवं तथा । हिङ्गु त्रिकटुकं क्षारौ द्वौ पञ्चलवणानि च ।।१३५।।
शतपुष्पा तथा कुष्ठंपिप्पलीमूलचित्रकौ । अजमोदा यमानी च धन्याकञ्चापि बुद्धिमान् ।।१३६।।
प्रत्येकन्तु पलञ्चैषां श्लक्ष्णचूर्णानि कारयेत् । घृतभाण्डे दृढे चैतत्स्थापयेद् दिनषोडश ।।१३७।।

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प्रक्षित्य तैलमानीञ्च प्रस्थार्द्धं काञ्जिकस्य च । खादेत्कर्षप्रमाणन्तु तोयं मद्यं पिबेदनु ।।१३८।।
आमवाते तथा वाते सर्वाङ्गैकाङ्गसंश्रये । अपस्मारेऽनले मन्दे कासश्वासगरेषु च ।।१३९।।
उन्मादे वातभग्ने च शूले जन्तोः प्रशस्यते ।।१४०।।

135-140. Rasona Piṇḍa:

Ingredients: *Rasona*, *tila*, *hingu*, *ṭrikaṭuka*, both the types of *kṣāra*, five varieties of *lavaṇa*, *śatapuṣpā*, *kuṣṭha*, *pippalīmūla*, *citraka*, *ajamodā*, *yavānī*, *dhānyaka*, oil and *kānjika*.

Process of Drug-Making: Obtain the following: 4670 gm. of *rasona*, 187 gm. measure of *tila* and 46 gm. each of *hingu*, *ṭrikaṭuka*, both the types of *kṣāra*, five varieties of *lavaṇa* (taken separately), *śatapuṣpā*, *kuṣṭha*, *pippalīmūla*, *citraka*, *ajamodā*, *yavānī* and *dhānyaka*. Ground all these materials together into a fine powder. Add 375 ml. of oil and 375 ml. of *kānjika* into it. Keep this mix in a jar smeared with *ghṛitam* for sixteen days.

Method of use/Administration: Consume this medicine in doses of 12 gm. and take a drink of water or alcohol as an *anupāna*.

Therapeutic benefits: This is useful in *āmavāta*, *vātika* diseases pervading the whole body or a part of the body, epilepsy, loss of the power of digestion, asthma, bronchitis, *udara* (abdominal diseases including ascites) insanity, breaking of the bone by aggravation of *vāyu* and colic pain.

(Cakradatt)

रसोनपिण्डो महान्–

रसोनस्यपलशतं तदर्धं निस्तुषात्तिलात् । पात्रं गव्यस्य तक्रस्य पिष्ट्वा चैतानि संक्षिपेत् ।।१४१।।
त्रिकटु धान्यकं चव्यंचित्रकंगजपिप्पली । अजमोदा त्वगेला च ग्रन्थिकञ्च पलांशिकम् ।।१४२।।
शर्कराया:पलान्यष्टौपलाशं मरिचस्य च । कुष्ठाजाज्योश्च चत्वारि मधुनः कुडवं तथा ।।१४३।।
आर्द्रकस्यचचत्वारिसर्पिषोऽष्टौपलानि च । तिलतैलस्य चत्वारि शुक्तकस्यापि विंशतिः ।।१४४।।
सिद्धार्थकस्यचत्वारिराजिकायास्तथैवच । एकीकृत्य दृढे कुम्भे धान्यराशौ निधापयेत् ।।१४५।।
कर्षप्रमाणं दातव्यं हिङ्गु लवणपञ्चकम् । द्वादशाहात्समुद्धृत्य प्रातः खाद्यं यथाबलम् ।।१४६।।
जीर्णेयथेप्सितंभोज्यं दधिपिष्टान्नवर्जितम् । एकमासप्रयोगेण सर्वान् व्याधीन् व्यपोहति ।।१४७।।
अशीतिंवातजान्रोगांश्चत्वारिंशच्चपैत्तिकान् । विंशतिंश्लैष्मिकांश्चैवप्रमेहानपिविंशतिम् ।।१४८।।
अर्शांसि षट्प्रकाराणि गुल्मं पञ्चविधं तथा । अष्टादशविधं कुष्ठमेकादशविधं क्षयम् ।।१४९।।
श्वयथुं योनिशूलञ्च सर्वमाशु विनाशयेत् । क्षतसन्ध्यस्थिभग्नानां सन्धानकरणः परः ।।१५०।।
दृष्टेर्बलकरो ह्यद्य आयुष्यो बलवर्द्धनः । महारसोनपिण्डोऽयमामवातकुलान्तकः ।।१५१।।

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141-151. Rasona Pinḍa (MajorVariety):

Ingredients: Garlic pearls, sesame, buttermilk prepared out of cow's milk, *śunṭhī*, black pepper, *pippalī*, coriander seeds, *cavya*, root of *citraka*, *gajapippalī*, caraway seeds, cinnamon, smaller cardamom, *pippalīmūla*, jaggery, black pepper, *kuṣṭha*, cumin seeds, honey, giÿgW, *ghṛitam*, sesame oil, *śukta*, white mustard, *rājī*, powders of *hingu* fried into *ghṛitam*, and all the five types of the salt.

Process of Drug-Making: Obtain the following materials: pulverized peeled garlic pearls (4670 gm.), pulverized peeled sesame (2335 gm.) and buttermilk prepared out of cow's milk (3 litres). Take powders of the following measuring 46 gm. each: *śunṭhī*, black pepper, *pippalī*, coriander seeds, *cavya*, root of *citraka*, *gajapippalī*, caraway seeds, cinnamon, smaller cardamom and *pippalīmūla*. Also take jaggery (375 gm.), black pepper (46 gm.), *kuṣṭha* (187 gm.), cumin seeds (187 gm.), honey (187 gm.), ginger (187 gm.), *ghṛitam* (375 gm.), sesame oil (187 ml.), *Śuktā* (925 ml.), white mustard (187 ml.), *rājī* (187 ml.), powders of the following in measurement of 12 gm. each: *hingu* fried in *ghṛitam*, and all the five types of the salt taken separately.

Put all these materials in a strong earthen pot and cover its mouth. Bury this pot inside a heap of hay for 12 days. After twelfth day, take out the pot from the heap of hay and fill the compound in a glassware or earthenware.

Method of use/Administration: This medicine is called as *Māharasonapinḍa*. It should be consumed in doses of 6 gm. to 12 gm. or according to the user's strength. After eating this medicine one should take any one of the following: *surā*, *sauvīraaka*, *sidhu* or milk. When both medicine and meals are digested, one should take curd and other compounded edibles.

Therapeutic benefits: If this medicine is consumed regularly for one month, it cures all types of diseases including 80 types of *vāta* disorders, 40 types of *pitta* disorders, 20 types of *kapha* disorders, 20 types of *prameha* (i.e. urinary disorders including diabetes), six types of *arśa* and five types of *yoniśūla*. It also effectively treats *kṣata*, *sandhi-bhagna*, *aṣṭhibhagna* and all types of *āmavāta*. It also provides strength to the body in general.

वातारिगुग्गुलुः–

वातारितैलसंयुक्तं गन्धकं पुरसंयुतम् । फलत्रययुतं कृत्वा पिट्टयित्वा चिरं रुजि ।।१५२।।
भक्षयेत्प्रत्यहं प्रातरुष्णतोयानुपानतः । दिने दिने प्रयोक्तव्यं मासमेकं निरन्तरम् ।।१५३।।

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सामवातं कटीशूलं गृध्रसीं खञ्जपङ्गुताम् । वातरक्तं सशोथञ्च सदाहं क्रोष्टुशीर्षकम् ।।१५४।।
शमयेद्बहुशो दृष्टमपि वैद्यविवर्जितम् ।।१५५।।

152-155. Vātāriguggulu:

Ingredients: Powders, *eraṇḍa* oil, purified *gandhaka*, purified *guggulu*, *haraḍa*, *vibhītaka*, *āmalakī*, fine powder of *gandhaka* and *eraṇḍa* oil.

Process of Drug-Making: Take powders made out of equal parts of *eraṇḍa* oil, purified *gandhaka*, purified *guggulu*, *haraḍa*, *vibhītaka* and *āmalakī*. Obtain fine powder of *gandhaka* and mix all the materials together. Process the compound with *eraṇḍa* oil and mortar it for one whole day. Prepare pills measuring 1-2 gm. each and after drying, fill them in glass bottles.

Method of use/Administration: This medicine is known as *Vātāri Guggulu*. It should be consumed daily in doses of one pill along with warm water. If consumed regularly for one month, it effectively provides relief from *āmavāta*, *kaṭiśūla*, *gṛidharasī*, *khanjaṭā*, *pangutā*, *vāta rakta*, *śotha*, burning sensation and *kroṣṭuśīrṣaka*.

Therapeutic benefits: This medicine can even cure severe diseases which have been declared to be incurable by many physicians.

योगराजगुग्गुलुः–

चित्रकं पिप्पलीमूलं यमानी कारवी तथा । विडङ्गान्यजमोदा च जीरकं सुरदारु च ।।१५६।।
चव्येलासैन्धवंकुष्ठंरास्नागोक्षुरधान्यकम् । त्रिफला मुस्तकं व्योषं त्वगुशीरं यवाग्रजम् ।।१५७।।
तालीशपत्रंपत्रञ्च श्लक्ष्णचूर्णानि कारयेत् । यावन्त्येतानि चूर्णानि तावन्मात्रन्तु गुग्गुलुम् ।।१५८।।
सम्मर्द्य[3] सर्पिषा गाढं स्निग्धे भाण्डे निधापयेत् । अतो मात्रां प्रयुञ्जीत यथेष्टाहारवानपि ।।१५९।।
योगराज इति ख्यातो योगोऽयममृतोपमः । आमवातढ्यवातादीन् क्रिमिदुष्टव्रणानि च ।।१६०।।
प्लीहगुल्मोदरानाहदुर्नामानि विनाशयेत् । अग्निञ्च कुरुते दीप्तं तेजोवृद्धिं बलं तथा ।।
वातरोगाञ् जयत्येष सन्धिमज्जागतानपि ।।१६१।।

156-161. Yogarāja Guggulu:

Ingredients: *Citraka*, *pippalīmūla*, *yavānī*, *kāravī*, *viḍanga*, *ajamodā*, *jīraka*, *surā dāru*, *cavya*, *elā*, rock salt, *kuṣṭha*, *rāsnā*, *gokṣura*, *dhānyaka*, *triphalā*, *mustaka*, *vyoṣa*, *tvak*, *uśīra*, *yavakṣāra*, *tāliśapatra* and cassia and *guggulu*.

Process of Drug-Making: Obtain 100 gm. each of the following ingredients: *citraka*, *pippalīmūla*, *yavānī*, *kāravī*, *viḍanga*, *ajamodā*, *jīraka*, *surā dāru*, *cavya*, *elā*, rock salt, *kuṣṭha*, *rāsnā*, *gokṣura*, *dhānyaka*, *triphalā* (in combination), *mustaka*, *vyoṣa* (in combination), *tvak*, *uśīra*, *yavakṣāra*, *tāliśapatra* and cassia

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leaves. Ground them into a fine powder. Add to it *guggulu* equal to the combined weight of all the above materials i.e. 2700 gm. Thoroughly triturate this mix by adding into it a little quantity of *ghṛitam*. Prepare pills measuring ½ to 1 gm. each and dry them.

Method of use/Administration: This medicine should be taken in doses of half to one gram. There is no restriction on food as well as regimens for the users of the medicine.

Therapeutic benefits: This medicine is called *Yogarāja Guggulu* and it is like an ambrosia. It cures *āmavāta*, *urdhava vāta* (upward movement of *vāta*), *kṛimi* (parasitic infestations), *duṣṭa vraṇa* (putrefied ulcer), spleen related disorders, *gulma* (phantom tumour), *udara* (obstinate abdominal disorders including ascites) and piles. It stimulates the power of digestion and promotes complexion as well as strength. It cures all types of diseases caused by *vāta* even though joints and bone-marrows are afflicted by it.

(Cakradatt)

योगराजगुग्गुलुर्बृहत्–

त्रिकटु त्रिफला पाठा शताह्वा रजनीद्वयम् । अजमोदा वचा हिङ्गु हबुषा हस्तिपिप्पली ।।१६२।।
उपकुञ्ची शटी धान्यं विडं सौवर्चलं तथा सैन्धवं पिप्पलीमूलं त्वगेलापत्रकेशरम् ।।१६३।।
फणिज्झकञ्च लौहञ्च सर्जकञ्च त्रिकण्टकम् रास्नाचातिविषाशुण्ठी यवक्षाराम्लवेतसम् ।।१६४।।
चित्रकं पुष्करं चव्यं बृक्षाम्लं दाडिमं रुबु । अश्वगन्धा त्रिवृद्दन्ती बदरं देवदारु च ।।१६५।।
हरिद्रा कटुका मूर्वा त्रायमाणा दुरालभा । विडङ्गं मृतवङ्गञ्च यमानी वासकाभ्रकम् ।।१६६।।
एतानि समभागानि श्लक्ष्णचूर्णानि कारयेत् । शोधितं गुग्गुलुञ्चैव सर्वचूर्णसमं नयेत् ।।१६७।।
घृतंनपिट्टयित्वाचस्निग्धेभाण्डेनिधापयेत् । रसावतेन ये भग्नाः कटिभग्नाश्च ये जनाः ।।१६८।।
एकाङ्गंशुष्यतेयेषांकुष्ठं वाऽपि क्षतोत्तरम् । पादौ विस्तारितौ येषां येषां वा गृध्रसीग्रहः ।।१६९।।
सन्धिवातंक्रोष्टुशीर्षंवातं सर्वशरीरगम् । अशीतिं वातजान् रोगांश्चत्वारिंशच्च पैत्तिकान् ।।१७०।।
विंशतिं श्लैष्मिकांश्चैव हन्त्यवश्यं न संशयः । अयं बृहद्योगराजगुग्गुलुः सर्ववातहा ।।१७१।।

162-171. Yogarājguggulu (Major Variety):

Ingredients: Fine powders of dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *pāṭhā*, aniseeds, *haridrā*, *dāru haridrā*, caraway seeds, *vacā*, *hingu* fried in *ghṛitam*, *hapuṣa*, *gajapippalī*, black cumin seeds, *karcūra*, coriander seeds, *viḍa lavaṇa*, black salt, rock salt, *pippalīmūla*, cinnamon, cardamom, cassia leaves, *nāga keśara*, *phaṇijjhaka* (a kind of the plant *tulasī*), *lauha bhasma*, purified *sarja rasa*, *gokṣura*, *rāsnā*, *ativiṣa*, *śunṭhī*, *yavakṣāra*, *amlavetasa*, root of

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citraka, *puṣkaramūla*, *cavya*, *vṛikṣāmla*, bark of pomegranate tree and its seeds, root of *eraṇḍa*, *aśvagandhā*, root of *tṛivṛit*, root of *dantī*, bark of *kola* tree or pulp of *badarī* fruit, wood powder of *devadāru*, *haridrā*, *kaṭukī*, *mūrvā* (seeds), *trāyamāṇā*, *durlālabhā*, *viḍanga*, *vanga bhasma*, *yamānī*, bark of *aḍuṣā* roots, *abhraka bhasma* and purified *guggulu*.

Process of Drug-Making: Obtain 100 gm. measure of fine powders of the following materials after powdering (if required) and sieving them with a piece of cotton and mix them together: dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *pāṭhā*, aniseeds, *haridrā*, *dāru haridrā*, caraway seeds, *vacā*, *hingu* fried in *ghṛitam*, *hapuṣa*, *gajapippalī*, black cumin seeds, *karcūra*, coriander seeds, *viḍa lavaṇa*, black salt, rock salt, *pippalīmūla*, cinnamon, cardamom, cassia leaves, *nāga keśara*, *phaṇijjhaka* (a kind of the plant *tulasī*), *lauha bhasma*, purified *sarja rasa*, *gokṣura*, *rāsnā*, *ativiṣa*, *śunṭhī*, *yavakṣāra*, *amlavetasa*, root of *citraka*, *puṣkaramūla*, *cavya*, *vṛikṣāmla*, bark of pomegranate tree and its seeds, root of *eraṇḍa*, *aśvagandhā*, root of *tṛivṛit*, root of *dantī*, bark of *kola* tree or pulp of *badarī* fruit, wood powder of *devadāru*, *haridrā*, *kaṭukī*, *mūrvā* (seeds), *trāyamāṇā*, *durlālabhā*, *viḍanga*, *vanga bhasma*, *yamānī*, bark of *aḍuṣā* roots and *abhraka bhasma*. Slowly process the purified *guggulu* in measurement equal to the combined weight of the above materials (5600 gm.), when the *guggulu* gets soft add to it the mixture of the above materials as well as *ghṛitam*. Now churn the preparation thoroughly and prepare pills measuring 500 mg. to 1 gm. each. Finally, dry the pills and preserve them in a glass bottle or in a pot which is coated with *ghṛitam* from inside.

Therapeutic benefits: This medicine is capable of curing a number of indispositions including sciatica, *kuṣṭha* (skin diseases including leprosy), *vāta roga* of different kinds, 40 types of diseases caused due to disordered *pitta*, 80 types of diseases caused due to disordered *vāta* and 20 types of diseases caused due to disordered *kapha*. To be precise this medicine is capable of curing all types of *vāta* disorders.

व्याधिशार्दूलगुग्गुलुः–

त्रिफलायाःपलान्यष्टौ प्रत्येकं द्विपलं पुनः । कटुतैलं द्विपलं च गुग्गुलुं दोलाशोधितम् ।।१७२।।
सार्द्धढिकजलेपक्त्वापादशेषंपुनः पचेत् । चूर्णीकृत्य क्षिपेत्सिद्धे पृथक् कर्षार्द्धसंमितम् ।।१७३।।
त्रिकटुत्रिफलामुस्तं विडङ्गामलकानि च । गुडूच्यग्नित्रिवृद्दन्ती चवीशूरणमाणकम् ।।१७४।।
सार्द्धशतद्वयं दद्याच्चूर्णितं कानकं फलम् । रसगन्धकलौहाभ्रं प्रत्येकं कर्षसंमितम् ।।१७५।।
ततो माषद्वयं जग्ध्वा प्रातरुष्णोदकं पिबेत् । अग्निं च कुरुते दीप्तं वयोबलविबर्द्धनम् ।।१७६।।

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अर्शोऽश्मरीमूत्रकृच्छ्रं शिरोवाताम्लपित्तनुत् । कासं पञ्चविधं श्वासं दाहोदरभगन्दरम् ।।१७७।।
शोथान्त्रवृद्धितिमिरंश्लीपदं प्लीहकामलम् । शूलगुल्मक्षयं कुष्ठं सपाण्डुं विषमज्वरम् ।।१७८।।
जानुजङ्घासुप्तपादगतं वातं कटीग्रहम् । हन्ति चान्यान् कफोत्थांश्च आमवातं विशेषतः ।।१७९।।
व्याधिशार्दूलको नाम्ना गुग्गुलु परिकीर्त्तितः ।।१८०।।

172-180. Vyādhiśārdūla Guggulu:

Ingredients: *Haraḍa*, *vibhītakī*, *āmalakī*, water, mustard oil, purified and pulverized *guggulu*, dried ginger, pepper, *marica*, *haraḍa*, *vibhītakī*, *āmalakī*, *mustā*, *viḍanga*, *guḍūcī*, *citraka*, *niśotha*, *dantī*, *cavya*, *śūraṇa* (bulb), *mānaka* (bulb), purified seeds of *jātīphala* (*kanaka phalā*), *pārada*, *gandhaka*, *lauha bhasma* and *abhraka bhasma*.

Process of Drug-Making: Decoct 125 gm. measure each of the *haraḍa*, *vibhītakī* and *āmalakī* into water measuring 4500 ml. till the quantity is reduced to one fourth. Mix into the decoction, mustard oil measuring 93 ml. and purified and pulverized *guggulu* measuring 93 gm. Cook the preparation again and when it is about to get the form of a confection add to it 6 gm. measure of the powders each of the dried ginger, pepper, *marica*, *haraḍa*, *vibhītakī*, *āmalakī*, *mustā*, *viḍanga*, *guḍūcī*, *citraka*, *niśotha*, *dantī*, *cavya*, *śūraṇa* (bulb), *mānaka* (bulb) and purified seeds of *jātīphala* (*kanaka phalā*) numbering 250 and 12 gm. each of *pārada*, *gandhaka*, *lauha bhasma* and *abhraka bhasma*. Stir the preparation thoroughly.

Method of use/Administration: One should take the medicine in measurement of 12 gm. along with warm water during the morning hours. The dosage may be decided as per the digestive power of the patient.

Therapeutic benefits: Regular intake of this medicine cures the digestive power and strength of the body. It also removes diseases like piles, stone, retention of urine, insanity (*śirovāta*), *āmlapitta*, different varieties of *kāsa* (coughs), breathing problems, burning sensation, problems related to gastro intestinal tract, *bhagandara*, *śotha*, hernia, *timira roga*, *ślīpada*, enlargement of spleen, rheumatic problems of thigh, hands, feet and shoulders and the like.

सिंहनादगुग्गुलुः–

पिट्टितांगुग्गुलोर्माणींकटुतैलपलाष्टकम् । प्रत्येकं त्रिफलाप्रस्थौ सार्द्धद्रोणे जले पचेत् ।।१८१।।
पादशेषञ्च पूतञ्च पुनरेतद्विमिश्रयेत् । त्रिकटुत्रिफलामुस्तविडङ्गामरदारुकम् ।।१८२।।
गुडूच्यग्नित्रिवृद्दन्ती–चवीशूरणमाणकम् । पारदं गन्धकञ्चैव प्रत्येकं शुक्तिसम्मितम् ।।१८३।।
सहसंकानकफलंसिद्धे सच्चूर्ण्य निक्षिपेत् । ततो रक्तिद्वयं जग्ध्वा पिबेत्तप्तजलादिकम् ।।१८४।।

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अग्निञ्च कुरुते दीप्तं बडवानलसन्निभम् । धातुवृद्धिं वयोवृद्धिं बलं सुविपुलं तथा ।।१८५।।
आमवातं शिरोवातं सन्धिवातं सुदारुणम् । जानुजङ्घाश्रितं वातं सकटीग्रहमेव च ।।१८६।।
अश्मरीं मूत्रकृच्छ्रञ्च भग्नञ्च तिमिरोदरे । अम्लपित्तं तथा कुष्ठं प्रमेहं गुदनिर्गमम् ।।१८७।।
कासंपञ्चविधंश्वासं क्षयञ्च विषमज्वरम् । प्लीहानं श्लीपदं गुल्मं पाण्डुरोगं सकामलम् ।।१८८।।
शोथान्त्रवृद्धि शूलानि गुदजानि विनाशयेत् । मेदःकफामसङ्घातं व्याधिवारणदर्पहा ।।
सिंहनाद इति ख्यातो योगोऽयममृतोपमः ।।१८९।।

181-189. Simhanāda Guggulu (First Recipe):

Ingredients: Mustard oil, *harītakī*, *vibhītakī*, *āmalakī*, *guggulu*, *tṛikaṭu* herbs, *tṛiphalā* herbs, *mustā*, *viḍanga*, *suradāru*, *guḍūcī*, *agni*, *tṛivṛit*, *dantī*, *vacā*, *sūraṇa*, *manaka*, purified mercury, purified sulphur, powder of one thousand fruits of *kanaka* (*jātīphala*) and mustard oil.

Process of Drug-Making: Obtain the ingredients in the following meaures: mustard oil (375 ml.), *harītakī* (750 gm.), *vibhītakī* (750 gm.) and *āmalakī* (750 gm.). Thoroughly pound all these materials and boil them together in water measuring 18 litre until the original quantity is reduced to one fourth. Filter the reduced decoction and add to it *guggulu* (375 gm.). Further cook the preparation. When it is about to get cooked, add to it 23 gm. each of *tṛikaṭu* herbs, *tṛiphalā* herbs, *mustā*, *viḍanga*, *suradāru*, *guḍūcī*, *agni*, *tṛivṛit*, *dantī*, *vacā*, *sūraṇa*, *mānaka*, purified mercury and purified sulphur. When it is cooked, add to it powder of one thousand fruits of *kanaka* (*jātīphala*) which are made free from their coating and cotyledons. Properly churn the preparation and let it cool down to atmospheric temperature. Subsequently, mortar this preparation along with mustard oil for one whole day. Make pills measuring 250 mg. each out of the preparation.

Method of use/Administration: The medicine should be taken in doses of one pill each. After taking the drug, the patient should take hot water.

Therapeutic benefits: It excessively stimulates the power of digestion. It promotes *dhātus* (tissue elements of the body), longevity and strength. It cures *āmavāta*, *śirovata* (affliction of the head by *vāta*), *granthivāta* (affliction of lymph glands by *vāta*), *bhagandara* (fistula-in-*ano*), *vāta* afflicting knee-joints and calf-region of legs, pain in lumber region, stone in urinary tract, *dysuria*, *ādhmāna* (distension of abdomen), *timira* (cataract), edema, *vṛiddhi* (hydrocele and hernia), colic pain and piles. It is called *Simhanāda Guggulu*.

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सिंहनादगुग्गुलुरसः (च. द.)–

पलत्रयं कषायस्य त्रिफलायाः सुचूर्णितम् । सौगन्धिकपलैकं कौशिकस्य पलन्तथा ।।१९०।।
कुडवं चित्रतैलस्य सर्वमादाय यत्नतः । पाचयेत् पाकविद्वैद्यः पात्रे लोहमये दृढे ।।१९१।।
हन्तिवातं तथा पित्तं श्लेष्माणं खञ्जपङ्गुताम् । श्वासं सुदुर्जयं हन्ति कासं पञ्चविधन्तथा ।।१९२।।
कुष्ठानि वातरक्तानि गुल्मशूलोदराणि च । आमवातं जयेदेतदपि वैद्यविवर्जितम् ।।१९३।।
एतदभ्यासयोगेन जरापलितनाशनम् । सर्पिस्तैलवसोपेतमश्नीयाच्छालिषष्टिकम् ।।१९४।।
सिंहनाद इति ख्यातो रोगवारणदर्पहा । वह्निवृद्धिकरः पुंसां भाषितो दण्डपाणिना ।।१९५।।

190-195. Simhanāda Guggulu (Second Recipe):

Ingredients: Decoction of *triphalā*, finely powdered *saugandhika*, *kauṣika* and castor oil.

Process of Drug-Making: Obtain the following: decoction of *triphalā* herbs (140 ml.), finely powdered *saugandhika* (46 gm.), *kauṣika* (46 gm.) and castor oil (187 ml.). Combine all these ingredients in a strong vessel made of iron. Cook the preparation methodologically.

Method of use/Administration: While using this recipe, the patient should take *ghṛitam*, oil and meat-soup along with rice of *śāli* and *ṣaṣṭika* varieties.

Therapeutic benefits: This medicine cures diseases of *vāta*, *pitta* and *kapha*, *khanjatā* (lameness), *pangutā* (immobility of limbs), serious type of asthma, five varieties of *kāsa* (bronchitis), *kuṣṭha* (skin diseases including leprosy), gout, *gulma* (phantom tumour) and *udaras* (abdominal diseases including ascites). It also cures *āmavāta* (*vāta roga*) even if the patient is declared incurable by other physicians. Its habitual intake cures aging-diseases and premature graying of hair. It is called *Simhanāda*. It promotes the power of digestion of the users. The prescription has been propounded by Daṇḍapāni.

(Cakradatt)

शिवागुग्गुलुः (र. सा. सं.)–

शिवाबिभीतामलकीफलानां प्रत्येकशो मुष्टिचतुष्टयञ्च ।
तोयाढके तत्कथितं विधाय पादावशेषे त्ववतारणीयम् ।।१९६।।
एरण्डतैलं द्विपलं निधाय पिचुत्रयं गन्धकनामकस्य ।
पचेत् पुरस्यात्र पलद्वयञ्च पाकावशेषे च विचूर्ण्य दद्यात् ।।१९७।।
रास्ना विडङ्गं मरिचं कणा च दन्तीजटानागरदेवदारु ।
प्रत्येकशः क्रोलमितं तथैषां–विचूर्ण्य निक्षिप्य नियोजयेत्तु ।।१९८।।
आमवाते कटीशूले गृध्रसीक्रोष्टुशीर्षके ।

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न चान्यदस्ति भैषज्यं यथाऽयं गुग्गुलुः स्मृतः ।।१९९।।

196-199. Śivā Guggulu:

Ingredients: Powders of *śivā* (*haraḍa*), *vibhītakī*, *āmalakī*, water, oil of *eraṇḍa*, purified *guggulu*, purified *gandhaka*, powders of *rāsnā*, *vāyaviḍanga*, black pepper, *dantī* roots, *jaṭāmānsī*, dried ginger and *devadāru*.

Process of Drug-Making: Take 187 gm. measure each of the coarsely pulverized powders of *śiva* (*haraḍa*), *vibhītakī* and *āmalakī* and decoct them in water measuring 3 litre. Cook the preparation till it is reduced to one fourth and sieve the liquid through a piece of cloth into a large pan. Add to it oil of *eraṇḍa* measuring 93 ml. and purified *guggulu* also measuring 93 gm., cook the recipe and when it is about to get boiled add to it the compounded and purified *gandhaka* measuring 35 gm. along with the 6 gm. measure each of the powders of *rāsnā*, *vāyaviḍanga*, black pepper, *dantī* roots, *jaṭāmānsī*, dried ginger and *devadāru*. Stir the preparation thoroughly with a ladle and remove it from the stove.

Method of Use/Administration: Dosage: 1 gm. along with warm water.

Therapeutic benefits: This is a great medicine to cure indispositions including different types of rheumatic artherites, sciatica, back pain and *kroṣṭuśīrṣaka* (arthritis of knee joint).

(*Rasendra Sār Sangraha*)

शुण्ठीघृतम्–

नागरक्वाथकल्काभ्यां घृतप्रस्थं विपाचयेत् । चतुर्गुणेन तेनाथ केवलेनोदकेन वा ।।२००।।
वातश्लेष्मप्रशमनमग्निसन्दीपनं परम् । नागरं घृतमित्युक्तं कट्यामशूलनाशनम् ।।२०१।।

200-201. Śunṭhī Ghṛitam:

Ingredients: Decoction of ginger, *kalka* of ginger, *mūrcchita* cow *ghṛitam* and water.

Process of Drug-Making: Cook together the decoction of ginger (3 litres), *kalka* of ginger (187 gm.) and *mūrcchita* cow *ghṛitam* (750 gm.) in water measuring 3 litre. Cook the recipe as per the *ghṛitapāka* method.

Therapeutic benefits: This medicated *ghṛita* alleviates *vāta* and *śleṣma* related ailments. It is an excellent recipe for stimulating the powder of digestion. It is also called *Nāgara Ghṛitam*.

(Cakradatt)

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शृङ्गबेराद्यं घृतम्–

शृङ्गबेरयवक्षारपिप्पलीमूलपिप्पलाः । पिष्ट्वा विपाचयेत् सर्पिरारनालं चतुर्गुणम् ।।२०२।।
शूलं बिबन्धमानाहमामवातं कटीग्रहम् । नाशयेद् ग्रहणीदोषमग्निसन्दीपनं परम् ।।२०३।।

202-203. Śṛingaverādya Ghṛitam:

Ingredients: *Śṛingavera* (dried ginger), *yavakṣāra*, *pippalīmūla*, *pippalī*, water, *mūrcchita ghṛitam* and *kāñji*.

Process of Drug-Making: Obtain *śṛīngavera* (dried ginger), *yavakṣāra*, *pippalīmūla* and *pippalī* each measuring 62 gm. Compound them along with water on a stone slab and thus make a *kalka* out of them. Take *mūrcchita* cow *ghṛitam* measuring four times the quantity of the *kalka* (i.e. 1 litre) and *kāñji* measuring 4 litre (i.e. four times greater than the quantity of *ghṛitam*). Mix all these ingredients togrther in some metallic pot and cook the recipe as per the *ghṛitapāka* method.

Therapeutic benefits: This medicine is very effective to check colic pain, constipation, belching, *vāta roga*, stiffness of waist and *grahaṇī*. It also promotes the digestive power.

काञ्जिकषट्पलकं घृतम् (च. द.)–

हिङ्गुत्रिकटुकंचव्यंमाणिमन्थंतथैवच । कल्कान्कृत्वा च पलिकान् घृतप्रस्थं विपाचयेत् ।।२०४।।
आरनालाढकं दत्त्वा तत्सर्पिर्जठरापहम् । शूलं विबन्धमानाहमामवातं कटीग्रहम् ।।२०५।।
नाशयेद् ग्रहणीदोषं मन्दाग्नेर्दीपनं परम् । पुष्ट्यर्थं पयसा साध्यं दध्ना विण्मूत्रसंग्रहे ।।२०६।।
दीपनार्थं मतिमता मस्तुना च प्रकीर्त्तितम् ।।२०७।।

204-207. Kāñjika Ṣaṭpalaka Ghṛitam:

Ingredients: *Mūrcchita ghṛitam*, *hingu*, *tṛikaṭuka*, *cavya*, *māṇimantha* and *āranāla*.

Process of Drug-Making: Cook 750 gm. of *mūrcchita ghṛitam* along with a *kalka* prepared out of 46 gm. each of *hingu*, *tṛikaṭuka* (in combined form), *cavya* and *māṇimantha* and 3 litre of *āranāla*. Cook the recipe as per the *ghṛitapāka* method.

Therapeutic benefits: This medicated *ghṛitam* cures *jaṭhara* (abdominal diseases including ascites), colic pain, constipation *ānāha* (distension of abdomen), *āmavāta*, stiffness of lumber region and *grahaṇī* (sprue syndrome). It is an excellent recipe for stimulating the powder of digestion.

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प्रसारणीतैलम् (अकल्कमिदं तैलम्)–

प्रसारण्या रसैः सिद्धं तैलमेरण्डजं पिबेत् । सर्वदोषहरञ्चैव कफरोगहरं परम् ।।२०८।।

208. Prasāraṇī Tailam:

Ingredients: Juice of *gandhaprasāraṇī* and *eraṇḍa* oil.

Process of Drug-Making: Obtain the juice of *gandhaprasāraṇī* measuring 4 litre and *eraṇḍa* oil measuring 1 litre into some metallic pot and cook it thoroughly. Cook the recipe as per the *snehapāka* method.

Method of use/Administration: This medicinal oil is to be taken in doses of 6-12 gm. along with warm water or milk.

Therapeutic benefits: This is a very effective medicinal oil and it removes varieties of ailments. This is especially effective in checking the problems related to vitiated *kapha*.

विजयभैरवतैलं सूततैलं वा–

रसगन्धशिलातालं सर्वं कुर्यात् समांशकम् । चूर्णयित्वा ततः सूक्ष्ममारनालेन पेषयेत् ।।२०९।।
तैलकल्केन संलिप्य सूक्ष्मवस्त्रं ततः परम् । तैलाक्तां कारयेद्वर्त्तिमूर्ध्वभागे च दीपयेत् ।।२१०।।
वर्त्त्यधः स्थापिते पात्रे तैलं पतति शोभनम् । लेपयेत्तेन गात्राणि भक्षणाय च दापयेत् ।।२११।।
तत्तैललेपितं पत्रं नागवल्ल्याश्च भक्षयेत् । नाशयेत् सूततैलं तद्वातरोगानशेषतः ।।२१२।।
बाहुकम्पंशिरःकम्पं जङ्घाकम्पं ततः परम् । एकाङ्गञ्च तथा वातं हन्ति लेपान्न संशयः ।।२१३।।

209-213. Vijayābhairava Tailam (or Śūta Tailam):

Ingredients: Purified *pārada*, purified *gandhaka*, purified *manahśilā*, *haritālabhasma* and *kānji*.

Process of Drug-Making: Get equal parts of purified *pārada*, purified *gandhaka*, purified *manahśilā* and *haritālabhasma*. First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix into it both of the rest. Compound the preparation with *kānji* for one hour and coat the resultant *kalka* over a fine cotton cloth. Prepare a wick out of it and dry the same. Soak the dried wick into *mūrcchita* sesame oil and lit one end of it. Hold it with hand and place a small bowl below the wick. The bowl should be placed in a manner that the oil drips into it. Preserve the processed oil in a glass bottle.

Method of use/Administration: This oil should be used for massaging the body to get relief from *vāta roga*. One should also eat betel leaves coated with one or two drops of the oil.

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Therapeutic benefits: This medicine named as *Vijayābhairava Tailam* or *Śūta Tailam* checks all kinds of *vāta roga* and indispositions such as *śirahakampa*, *janghākampa* and paralysis (*ekāngavāta*).

विजयभैरवतैलम् महत्–

फणिफेनयुतञ्चैतन्महद्विजयभैरवम् ।।२१४।।

214. Vijayabhairava Tailam (Greater Variety):

Addition of opium into the recipe suggested in preparation of *Vijayabhairava Tailam* transforms it into *Vijayabhairava Tailam* (greater variety).

सैन्यववाद्यं तैलम्–

सैन्धवं देवकाष्ठञ्च वचाशुण्ठीचकट्फलम् । शताह्वा मुस्तकं चव्यं मेदे मलहरं त्रिवृत् ।।२१५।।
हिज्जलस्य त्वचं बालं चित्रकं ब्रह्मयष्टिका । शटीविडङ्गमधुकं रेणुकाऽतिविषा रुबु ।।२१६।।
अम्बष्ठानीलिनीदन्तीमूलंमरिचमेवच । अजमोदा पिप्पली च कुष्ठं रास्ना च ग्रन्थिकम् ।।२१७।।
एषांकर्षमितैः कल्कैः शनैर्मृद्वग्निना पचेत् । प्रस्थञ्च कटुतैलस्य मूर्च्छितस्य यथाविधि ।।२१८।।
एतत्तैलवरं श्रेष्ठमभ्यङ्गात् सर्ववातनुत् । विशेषेणामवातेषु कटीजानूरुसन्धिषु ।।२१९।।
हत्पार्श्वसर्वगात्रेषु शूलञ्चैव विनाशयेत् । वातश्लेष्मणि बाह्यायामान्त्रवृद्धिभगन्दरे ।।२२०।।
शस्तं नाडीव्रणान् सर्वान् नाशयत्यथ देहिनाम् । अन्यांश्च विविधान् रोगान् वृक्षमिन्द्राशनिर्यथा ।।
सैन्धवाद्यमिदं तैलं सर्वामयनिषूदनम् ।।२२१।।

215-221. Saindhavādyam Tailam:

Ingredients: Rock salt, *devadāru*, *vacā*, dried ginger, *kaṭphalam*, aniseeds, *mustaka*, *cavya*, *medā*, *mahāmedā*, *malahara* (*jātīphala*), *niśotha*, *hijjala*, *netrabālā*, *citraka*, *bhārgī*, *karcūra*, *vāyaviḍanga*, *madhuka*, *reṇukā*, *ativiṣā*, bark of *eraṇḍa* roots, *ambaṣṭa* (*pāṭhā*), *nīlinī*, *dantī* (roots), *marica*, *ajamodā*, pepper, *kuṣṭha*, *rāsnā*, *pippalīmula* and *mūrcchita* mustard oil.

Process of Drug-Making: Take 12 gm. measure powder each of the following: rock salt, *devadāru*, *vacā*, dried ginger, *kaṭphalam*, aniseeds, *mustaka*, *cavya*, *medā*, *mahāmedā*, *malahara* (*jātīphala*), *niśotha*, *hijjala*, *netrabālā*, *citraka*, *bhārgī*, *karcūra*, *vāyaviḍanga*, *madhuka*, *reṇukā*, *ativiṣā*, bark of *eraṇḍa* roots, *ambaṣṭa* (*pāṭhā*), *nīlinī*, *dantī* (roots), *marica*, *ajamodā*, pepper, *kuṣṭha*, *rāsnā* and *pippalīmula*. Prepare a *kalka* by compounding these materials on a stone slab. Get *mūrcchita* mustard oil measuring 750 ml. and water measuring 3 litre. Put all these ingredients in a metallic pot and cook the preparation on a slow heat.

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Method of use/Administration: This is the best oil used for massage.

Therapeutic benefits: It removes all kinds of *vāta roga* and pains of different limbs of the body. It also effectively checks such indisposition as hernia, *bhagandara* and *nāḍīvarṇa*. In controlling different diseases this medicinal oil is as effective as the *vajra* of Indra in striking down tree.

सैन्धवाद्यं तैलम् बृहत्–

सैन्धवंश्रेयसीरास्नाशतपुष्पा यमानिका । सर्जिका मरिचं कुष्ठं शुण्ठी सौवर्चलं विडम् ।।२२२।।
वचाऽजमोदामधुकंजीरकं पौष्करं कणा । एतान्यर्द्धपलांशानि श्लक्ष्णपिष्टानि कारयेत् ।।२२३।।
प्रस्थमेरण्डतैलस्यप्रस्थाम्बुशतपुष्पजम् । काञ्जिकं द्विगुणं दत्त्वा तथा मस्तु शनैः पचेत् ।।२२४।।
सिद्धमेतत्प्रयोक्तव्यमामवातहरं परम् । पानाभ्यञ्जनबस्तौ च कुरुतेऽग्निबलं शुभम् ।।२२५।।
वातार्त्तरक्षणे शस्तं कटीजानूरुसन्धिजे । शूले हृत्पार्श्वपृष्ठेषु कृच्छ्रेऽश्मरिनिपीडिते ।।२२६।।
बाह्यायामार्दितानाहेअन्त्रवृद्धिनिपीडिते । अन्यांश्चानिलजान् रोगान् नाशयत्याशु देहिनाम् ।।२२७।।

222-227. Saindhavādyam Tailam (Major Recipe):

Ingredients: Rock salt, *śreyasī*, *rāsnā*, *śatapuṣpā*, *yavanikā*, *svarjikā*, *marica*, *kuṣṭha*, *śunṭhī*, *sauvarcala*, *viḍa*, *vacā*, *ajamodā*, *madhuka*, *jīraka*, *pauśkar*, *kaṇā*, water, castor oil, decoction of *śatapuṣpā*, *kānjika* and *mastu*.

Process of Drug-Making: Take 23 gm. measure each of the following: rock salt, *śreyasī*, *rāsnā*, *śatapuṣpā*, *yavanikā*, *svarjikā*, *marica*, *kuṣṭha*, *śunṭhī*, *sauvarcala*, *viḍa*, *vacā*, *ajamodā*, *madhuka*, *jīraka*, *pauśkar* and *kaṇā*. Prepare a fine *kalka* of these materials using water as its base. Add to this *kalka*, 750 ml. each of castor oil and decoction of *śatapuṣpā* along with 1500 ml. each of *kānjika* and *mastu*. Slowly cook all these materials together over a mild heat.

Method of use/Administration: The medicinal oil can be used for drinking, massage and medicated enema (*basti*).

Therapeutic benefits: The medicinal oil is an excellent recipe for curing *āmavāta* and its therapeutic efficacy has been established. It stimulates the power of digestion. It is useful for patients suffering from diseases caused by aggravated *vāta* and emaciation. It cures pain in lumber region, knee-joint, thigh, cardiac region and sides of the chest. It also cures *vṛiddhi* (hydrocele etc,), dysuria, stone in urinary tract, *vahyāyāma*, facial paralysis, and *āntra-vṛiddhi* (inguinal hernia).

द्विपञ्चमूलाद्यं तैलम् (भा. प्र.)–

द्विपञ्चमूलीनिर्यासकल्कदध्यम्लकाञ्जिकैः । तैलं कट्यूरुपार्श्वार्त्तिकफवातामयान् ग्रहान् ।।

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हन्ति बस्तिप्रदानेन करोत्यग्निबलं महत् ।।२२८।।

228. Dvipañcamūlādya Tailam:

Ingredients: Decoctions of both the major and minor varieties of *pañcamūla* herbs, their *kalka*, curd, *kānji* and *mūrcchita* oil.

Process of Drug-Making: Obtain the decoctions of both the major and minor varieties of *pañcamūla* herbs (1250 ml.), their *kalka* (250 gm.), curd (1 litre) and *kanji* (1 litre). Prepare a medicinal oil by cooking *mūrcchita* sesame oil (1 litre) along with above ingredients.

Therapeutic benefits: This medicine is called *Dvipañcamūlādya Tailam*. It checks the pain in waist, thighs and ribs. It also cures diseases related to *kapha* and *vāta* and *angagraha* if used through *basti* therapy. The medicine is also capable to promote digestive power.

(*Bhāvaprakāśa*)

रसोनसुरा (च. द.)–

वल्कलायासुरायास्तु सुपक्वाया शतं घटे । ततोऽर्द्धेन रसोनं तु संशुद्धं कुट्टितं क्षिपेत् ।।२२९।।
पिप्पलीं पिप्पलीमूलमजाजीकुष्ठचित्रकम् । नागरं मरिचं चव्यं चूर्णितं चाक्षसंम्मितम् ।।२३०।।
सप्ताहात्परतः पेया वातरोगामनाशिनी । क्रिमिकुष्ठक्षयानाहगुल्मार्शः प्लीहमेहनुत् ।।
अग्निसन्दीपनी चैव पाण्डुरोगविनाशिनी ।।२३१।।

229-231. Rasona Surā:

Ingredients: Well-fermented alcohol (*surā*), *rasona* (well pounded), powders of *pippalī*, *pippalīmūla*, *ajājī*, *kuṣṭha*, *citraka*, *nāgara*, *marica* and *cavya*.

Process of Drug-Making: Obtain one hundred *ghaṭas* (about five litres) of well-fermented alcohol (*surā*) and combine it with fifty *ghaṭas* of *rasona* (2500 gm.) (that has been well pounded) and the powders of 12 gm. each of *pippalī*, *pippalīmūla*, *ajājī*, *kuṣṭha*, *citraka*, *nāgara*, *marica* and *cavya*. Store the preparation for seven days.

Therapeutic benefits: This medicine helps in curing diseases caused by *vāta* and *āma*. It also cures *kṛimi* (parasitic infestation), *kuṣṭha* (skin diseases including leprosy), consumption, *ānāha* (distension in abdomen), *gulma* (phantom tumour), piles, spleen related disorders and *meha* (obstinate urinary diseases including diabetes). It stimulates the power of digestion. It also cures anemia.

(Cakradatt)

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आमवाते पथ्यानि (प. प.)–

रूक्षः स्वेदो लङ्घनं स्नेहपानं बस्तिर्लेपोरेचनं पायुवर्त्तिः ।
अब्दोत्पन्नाः शालयोयेकुलत्थाजीर्णं मद्यंजाङ्गलानां रसाश्च ।।२३२।।
वातश्लेष्मघ्नानि सर्वाणि तक्रं वर्षाभूश्चैरण्डतैलं रसोनम् ।
पटोलपत्तूरककारवेल्लं वार्त्ताकुशिग्रूणि च तप्तनीरम् ।।२३३।।
मन्दारगोकण्टकवृद्धदारं भल्लातकं गोजलमार्द्रकञ्च ।
कटूनितिक्तानि च दीपनानि स्युरामवातामयिने हितानि ।।२३४।।

232-234. The following measures are beneficial for a patient of *vāta roga*: *Svedana* therapy of *rūkṣa* type, *langhaṇa* (fasting), *snehapāna*, *basti* therapy, *lepa* and the like. The patient should take the following eatables: old rice, *kulattha* pulse, old liquor, meat soup of wild animals, buttermilk, *varṣābhū*, *eraṇḍa* oil, garlic, warm water, *paṭola* leaves, *kārvellaka*, brinjal, drumstick, ginger, cow urine and such herbs as *gokṣura*, *vṛiddhdāraka* and *bhallātaka*. The bitter and sour edibles and those meals, which are easily digestible, are useful for the patient.

आमवातेऽपथ्यानि–

दधिमत्स्यगुडक्षीरोपोदिकामाषपिष्टकान् । दुष्टनीरं पूर्ववातं विरुद्धान्यशनानि च ।।२३५।।
असात्म्यं वेगरोधञ्च जागरं विषमाशनम् । वर्जयेदामवातार्त्तो मांसञ्चानूपसम्भवम् ।।२३६।।

235-236. The following measures are harmful for a patient of *vāta roga*: facing easterly winds, eating incompatible meals, holding the force of urine and stools, excessive walking and the like. The patient should avoid the following eatables: curd, buttermilk, fish, raw sugar, milk, *upodikā* leaves, *urada*, contaminated water and the like.

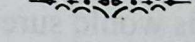
अन्यच्च–

अभिष्यन्दकरा ये च ये चान्ये गुरुपिच्छिलाः । वर्जनीयाः प्रयत्नेन आमवातार्दितैर्नरैः ।।२३७।।

237. The *abhiṣyandaka* eatables, the edibles that are heavy to digest and the food containing oily substances should be purposely avoided by the patient of *vāta roga*.

इति भैषज्यरत्नावल्यामामवातचिकित्साप्रकरणम् ।।२९।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायामामवातव्याधिचिकित्साप्रकरणम् ।।२९।।

End of the Chapter 29 of Bhaiṣajya Ratnāvalī with Commentary



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अथ शूलरोगचिकित्साप्रकरणम् ३०

Chapter 30
Śūla (Colic Pain)

शूले क्रियाक्रमः–

वमनं लङ्घनं स्वेदः पाचनं फलवर्त्तयः । क्षारचूर्णानि गुडिकाः शस्यन्ते शूलशान्तये ।।१।।

1. Process of Treatment in General: Emetic (*vamana*) therapy, *langhaṇa* (fasting) fomentation, carminatives, suppository, alkalis, powders and pills are useful for the treatment of a patient suffering from colic pain.

(Cakradatt)

शूलिने स्वेदनम्–

पुंसः शूलाभिपन्नस्यस्वेद एवसुखावहः । पायसैः कृशरैः पिण्डैः स्निग्धैर्वा पिशितोत्करैः ।।२।।

2. For all types of colic pain fomentation therapy, which is useful, should be administered with the help of *pāyasa* (milk and rice preparation), bolus of *kṛiśara* (thick gruel) or meat of animals containing fat.

(Cakradatt)

वातशूलचिकित्सा (भा. प्र.)–

विज्ञाय यातशूलन्तु स्नेहस्वेदैरुपाचरेत् । स्वल्पशूलाकुलस्य स्यात् स्वेद एव सुखावहः ।।३।।

3. Mud Fomentation: Mud should be mixed along with water and boiled till it becomes semi-solid. This may be kept in a piece of cloth and tied to a round bolus mass. With this, fomentation should be given to the patient suffering from colic pain.

(*Bhāvaprakāśa*)

मृत्तिकास्वेदः (भा. प्र.)–

मृत्तिकांसजलां पाकाद् घनीभूतां पटे क्षिपेत् । कृत्वा तत्पोट्टलीं शूली यथास्वेदं निधापयेत् ।।४।।

4. Dissolve soil into water and cook it in a large pan. When it becomes thick, collect it in a piece of cloth and make a pack. Perform the *svedana* therapy with this pack on the affected parts. This would surely alleviate the *śūla*.

(*Bhāvaprakāśa*)

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कार्पासास्थ्यादिस्वेदः (भा. प्र.)–

कार्पास्थिकुलत्थकैस्तिलयवैरेरण्डमूलातसीवर्षाभूशणबीजकाञ्झिकयुतैरेकं कृतैर्वा पृथक् ।
स्वेदःस्यादथपूर्परोदरशिरःस्फिग्जानुपादाङ्गुलीगुल्फस्कन्धकटीरुजोविजयतेनिःशेषवातार्त्तिहा ।।५।।

5. Take the *kārpāsthi*, *kulattha*, sesame, barley, *eraṇḍamūla*, *ativiṣa*, *punarnavā*, *śaṇa* seeds and *kānji*. First cook them individually and then collectively. Perform the *svedana* therapy with these materials. This would help in relieving *śūla* in the areas of *kūrparasandhi*, stomach, head, *sphik* (both sides of the bottom part of waist), thighs, feet, fingers, gulf, shoulder and waist. It also alleviates all the *vāta*-related pains.

(*Bhāvaprakāśa*)

कल्कस्वेदः–

बिम्बमूलतिलैरण्डं पिष्ट्वा चाम्लतुषाम्भसा । गुडिकां भ्रामयेदुष्णां वातशूलविनाशिनीम् ।।६।।

6. The root of *bilva*, *tila* and *eraṇḍa* should be triturated with *tuṣāmbu* and made to pills. These pills, when warm, should be rolled over the abdomen to get cure from all types of *vātika* colic pain.

(Cakradatt)

कुलत्थयूषः–

वातात्मकं हन्त्यचिरेण शूलं स्नेहेन युक्तस्तु कुलत्थयूषः ।
ससैन्धवव्योषयुतः सलावः सहिङ्गुसौवर्चलदाडिमाढ्यः ।।७।।

7. Soup of *Kulattha*: The soup prepared of *kulattha* (50 gm.) and meat of *lāva* (50 gm.) by adding into it the *ghṛitam*, rock salt, *śunṭhī*, *pippalī*, *marica*, *sauvarcala* salt (3 gm. each) along with *hingu*(1 gm.), and sufficient quantity of the juice of *dāḍima*, instantaneously cures *vātika* type of colic pain.

(Cakradatt)

बलादिक्वाथः–

बलापुनर्नवैरण्डबृहतीद्वयगोक्षुरैः । सहिङ्गुलवणोपेतं सद्यो वातरुजापहम् ।।८।।

8. Balādi Kvātha:

Ingredients: Root of *balā*, root of *punarnavā*, bark of *eraṇḍa*, root of lesser *vyāghrī*, root of bigger *vyāghrī* and *gokṣura*.

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Process of Drug-Making: Take equal parts (i.e. 3 gm. each) of the root of *balā*, root of *punarnavā*, bark of *eraṇḍa*, root of lesser *vyāghrī*, root of bigger *vyāghrī* and *gokṣura*. Take 24 gm. of their mix and prepare decoction in water measuring 16 times greater. Continue the decoction till it is reduced to one fourth. Subsequently, sieve the decoction.

Method of use/Administration: Consume this decoction by sprinkling *hingu* (fried in *ghṛitam*) and rock salt into it.

Therapeutic benefits: Drinking such potion instantaneously cures colic pain caused by the aggravated *vāta*.

(Cakradatt)

हिङ्ग्वादिचूर्णम्–

शूली निरन्नकोष्ठोऽद्भिरुष्णाभिश्चूर्णिताः पिबेत् । हिङ्गुप्रतिविषाव्योषवचासौवर्चलाभयाः ।।९।।

9. Hingvādi Cūrṇam:

Ingredients: Powders of *hingu*, *ativiṣā*, *śunṭhī*, *pippalī*, *marica*, *vacā*, *sauvarcala* salt and *abhayā*.

Process of Drug-Making: This is a powder-based formula involving all the ingredients in equal parts.

Method of use/Administration: Combine these powders and take it along with warm water before taking any meal.

Therapeutic benefits: The patient suffering from colic pain associated with constipation should take this powder.

(Cakradatt)

तुम्बुर्वादिचूर्णम्–

तुम्बुरूण्यभयाहिङ्गुपौष्करं लवणत्रयम् । पिबेदुष्णाम्बुना वाऽपि शूलगुल्मापतन्त्रकी ।।१०।।

10. Tumburvādi Cūrṇam:

Ingredients: Powders of *tumburu*, *abhayā*, *hingu*, *puṣkara mūla*, rock salt, *suvarcala* salt and the sea salt.

Process of Drug-Making: This is a powder-based formula involving all the ingredients in equal parts.

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Method of use/Administration: Combination of the above powders should be taken along with warm water.

Therapeutic benefits: It cures *vātika* type of colic pain, *gulma* (phantom tumour) and *apatañtra* (titanic convulsions).

(Cakradatt)

यमान्यादिचूर्णम्–

यमानीहिङ्गुसिन्धूत्थक्षारसौवर्चलाभयाः । सुरामण्डेन पातव्या वातशूलनिषूदनाः ।।११।।

11. Yamānyādi Cūrṇam:

Ingredients: Powders of *yavānī*, *hingu*, rock salt, *yava kṣāra*, *suvarcala* salt and *abhayā*.

Process of Drug-Making: This is a powder-based formula involving all the ingredients in equal parts.

Method of use/Administration: One should take the combination of above powders in doses of 3-6 gm. along with *surā manḍa* (upper portion of the alcoholic preparation).

Therapeutic benefits: It cures *vātika* type of the colic pain.

(Cakradatt)

विश्वादिक्वाथौ–

विश्वमेरण्डजं मूलं क्वाथयित्वा जलं पिबेत् । हिङ्गुसौवर्चलोपेतं सद्यः शूलनिवारणम् ।।१२।।
हिङ्गुपुष्करमूलाभ्यां हिङ्गुसौवर्चलेन च । विश्वैरण्डयवक्वाथः सद्यः शूलनिवारणः ।।१३।।

12-13. Viśvādi Kvātha:

The decoction of *śunṭhī* (10 gm.) and root of *eraṇḍa*(10 gm.), if taken by adding *hingu* (1 gm.) and *suvarcala* salt (3 gm.), instantaneously cures colic pain.

(Cakradatt)

रुबुकादिक्वाथः–

तद्वद्रुबुयवक्वाथो हिङ्गुसौवर्चलान्वितः ।।१४।।

14. Rubukādi Kvātha:

Ingredients: Decoction of *eraṇḍa* and *yava* (barley).

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Process of Drug-Making: This is a decoction-based formula. Prepare decoction of *eraṇḍa* (10 gm.) and *yava* (barley) (10 gm.) in 400 ml. of water till it is reduced to one fourth.

Method of use/ Administration: Consume this decoction along with *hingu* (1 gm.) and *sauvarcala* salt (3 gm.).

Therapeutic benefits: It instantaneously cures colic pain.

(Cakradatt)

श्यामादिचूर्णम् (च. द.)–

श्यामा विडं शिग्रुफलानि पथ्या विडङ्गकम्पिल्लकमश्वमूत्री ।
कल्कं शमं मद्ययुतञ्च पीत्वा शूलं निहन्यादनिलात्मकन्तु ।।१५।।

15. Śyamādi Cūrṇam:

The *kalka* of *śyāmā* (*vṛiddhadāra*), *viḍa* type of salt, fruits of *śigru*, *pathyā*, *viḍanga*, *kampillaka* and *Āsava mutṛi* (*sallaki*), taken with alcohol cures *vātika* type of colic pain.

(Cakradatt)

हिङ्ग्वादिचूर्णम् (च. द.)–

हिङ्ग्वम्लकृष्णालवण यवानी–क्षाराभयासैन्धवतुल्यभागम् ।
चूर्णं पिबेद्वारुणिमण्डमिश्रं शूले प्रवृद्धेऽनिलजे शिवाय ।।१६।।

16. Hingavādi Cūrṇam:

Ingredients: Powders of *hingu* (fried in *ghṛitam*), *amalaventa*, black salt, caraway seeds, *yavakṣāra*, *haraḍa* and rock salt.

Process of Drug-Making: Take powders measuring one part each of *hingu* (fried in *ghṛitam*), *amalaventa*, black salt, caraway seeds, *yavakṣāra*, *haraḍa* and rock salt. Ground them together into a fine powder and sieve the compound through a piece of cloth.

Method of use/Administration: This powder should be taken in doses of 3-5 gm. along with *vāruṇī manḍa* (upper layer of an alcoholic preparation).

Therapeutic benefits: This cures colic pain caused by *vāta*.

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सौवर्चलादिगुडिका–

सौवर्चलाम्लिकाऽजाजीमरिचैर्द्विगुणोत्तरैः । मातुलुङ्गरसैः पिष्टा गुडिका वातशूलनुत् ।।१७।।

17. Sauvarcalādi Guḍikā:

Ingredients: *Sauvarcala* salt, *amlaloni* or tamarind, black cumin seeds powder, black pepper's powder and juice of *mātulunga* lemon.

Process of Drug-Making: Obtain the following: 100 gm. of *sauvarcala* salt, 200 gm. of *amlaloni* or tamarind, 400 gm. of black cumin seeds' powder and 800 gm. of black pepper's powder. Combine all these materials and triturate them together along with juice of *mātulunga* lemon for three hours. Subsequently, prepare pills measuring 2 gm. each.

Method of use/Administration: Consume this medicine along with warm water.

Therapeutic benefits: It gives relief from *vātika* type of colic pain.

(Cakradatt)

वातशूलघ्नयोगः–

बीजपूरकमूलञ्च घृतेन सह पाययेत् । जयेद्वातभवं शूलं कर्षमेकं प्रमाणतः ।।१८।।

18. The root of *bījapūraka* lemon (pounded) in 12 gm. dose should be given along with *ghṛitam*. It cures *vātika* type of colic pain.

(Cakradatt)

हिङ्ग्वादिगुटिका–

हिङ्ग्वम्लवेतसव्योषयमानीलवणत्रिकैः । बीजपूररसोपेतैर्गुटिका वातशूलनुत् ।।१९।।

19. Hingavādi Guṭikā:

Ingredients: *Hingu*, *āmla vetasa*, *śunṭhī*, *pippalī*, *marica*, *yavānī*, rock salt, *suvarcala* salt, sea-salt and juice of *bījapūraka* lemon.

Process of Drug-Making: Equal parts of *hingu*, *āmla vetasa*, *śunṭhī*, *pippalī*, *marica*, *yavānī*, rock salt, *suvarcala* salt and sea-salt should be triturated together along with the juice of *bījapūraka* lemon and prepare pills measuring 1 gm. each out of the preparation.

Therapeutic benefits: Intake of these pills cures *vātika* type of colic pain.

(Cakradatt)

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तिलगुटिकालेपः–

तिलैश्च गुटिकां कृत्वा लेपयेज्जठरोपरि । गुटिका शमयत्येषा शूलञ्चैवातिदुस्तरम् ।।२०।।

20. Prepare a *kalka* of black sesame seeds along with *kānji*. Warm it up and apply the same over the stomach of patient when it is still hot. It cures serious type of colic pain caused by *vāta*.

(Cakradatt)

मदनादिलेपौ नाभौ–

नाभिलेपाज्जयेच्छूलं मदनःकाञ्जिकान्वितः । जीवन्तीमूलकल्को वा सतैलः पार्श्वशूलनुत् ।।२१।।

21. A. Prepare a *kalka* of *madanaaphalā* along with *kānji*. Warm it up and apply the same around naval of the patient when it is still hot. It cures *śūla*. B. Prepare a *kalka* of *jīvantī* roots along with *kānji*. Warm it up and apply the same around naval of the patient when it is still lukewarm. It cures the *pārśava śūla*.

(Cakradatt)

अथ पित्तशूलचिकित्सा–

गुडः शालिर्यवाः क्षीरंसर्पिष्मानं विरेचनम् । जाङ्गलानि च मांसानि भेषजं पित्तूशूलिनाम् ।।२२।।

22. *Guḍa* (jaggery), *śāli* (variety of rice), *yava* (barley), milk, *ghṛitam*, *virecana* (purgation) therapy and meat of *jāngala* type of animals (inhabiting arid land)—these are the remedies for *paittika* type of colic pain.

(Cakradatt)

पैत्तिके शूले क्रमः–

पैत्ते तु शूले वमनं पयोऽम्बुः रसस्तथेक्षोः सपटोलनिम्बैः ।
शीतावगाहाः पुलिनाः सवाताः कांस्यादिपात्राणि जलप्लुतानि ।।२३।।

23. In *paittika* type of colic pain, *vamana* (emetic) therapy should be administered with the help of milk, water or sugar-cane juice boiled with *paṭola* and *nimba*. The patient should take cold bath. He should enjoy cold wind of ponds. Bronze vessel etc. with cold water should be applied over the body.

(Cakradatt)

विरेचनादियोगाः–

विरेचनंपित्तहरञ्चशस्तं रसाश्चशस्ताः शशलावकानाम् ।
सन्तर्पणंलाजमधूपपन्नंयोगाः सुशीतामधुसंप्रयुक्ताः ।।२४।।

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24. *Virecana* (purgative) therapies which help in the elimination of *pitta* are useful. The patient should take soup of the meat of animals like *śaśa* (rabbit) and *lāvaka*. He should take *samtarapaṇa* (refreshing drinks) prepared of *lājā* (fried paddy) by adding honey into it. Cooling recipes added with honey are also useful in this condition.

(Cakradatt)

यवपेयाप्रयोगः–

छर्द्यज्वरे पित्तभवेऽथ शूले घोरे विदाहे त्वतितर्षिते च ।
यवस्यपेयांमधुनाविमिश्रांपिबेत् सुशीतां मनुजः सुखार्थी ।।२५।।

25. Use of *Yava Peya*: The cool *peya* (thin gruel without grains) prepared of barley and mixed with honey, is refreshing and useful for patients suffering from vomiting, fever, colic pain caused by *pitta*, serious type of burning sensation and acute form of thirst.

(Cakradatt)

विविधस्वरसप्रयोगाः–

धात्र्या रसं विदार्या वा त्रायन्तीगोस्तनाम्बु वा । पिबेत् सशर्करं सद्यः पित्तशूलनिषूदनम् ।।२६।।

26. The juice of *āmalakī*, *vidārī*, *trāyantī* or *gostanī* (a variety of grape), added with sugar should be taken. It instantaneously relieves the patient of the *paittika* type of colic pain.

(Cakradatt)

धात्रीचूर्णलेहः–

प्रलिह्यात् पित्तशूलघ्नं धात्रीचूर्णं समाक्षिकम् ।।२७।।

27. Dhātrī Cūrṇa Leha:

Consume powder of *āmalakī* in doses of 6 gm. to 12 gm. along with honey. This would help in checking *pitta* generated *śūla*.

(Cakradatt)

त्रिफलादिक्वाथः (च. द.)–

त्रिफलाऽऽरग्वधक्वाथं सक्षौद्रं शर्कराऽन्वितम् । पाययेद्रक्तपित्तघ्नं दाहशूलनिवारणम् ।।२८।।

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28. Triphalādi Kvātha:

Ingredients: *Triphalā* and *āragvadha*.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts.

Method of use/Administration: The decoction of *triphalā* and *āragvadha* should be mixed with honey and sugar and served to the patient.

Therapeutic benefits: The recipe cures the *rakta pitta* (an ailment characterized by bleeding from different parts of the body, and colic pain associated with burning sensation.

(Cakradatt)

शतावरीस्वरसप्रयोगः–

शतावरीरसं क्षौद्रयुतं प्रातः पिबेन्नरः । दाहशूलोपशान्तर्थं सर्वपित्तामयापहृत् ।।२९।।

29. The juice of *śatāvarī* (50 ml.), added with honey (50 gm.) should be taken in the morning for the alleviation of the colic pain associated with burning sensation, and for the cure of all diseases caused by *pitta*.

(Cakradatt)

शतावर्यादिक्वाथः–

शतावरीसयष्ट्याह्ववाट्यालकुशगोक्षुरैः । श्रृतशीतं पिबेत्तोयं सगुडक्षौद्रशर्करम् ।।
पित्तासृग्दाहशूलघ्नं सद्यो दाहज्वरापहम् ।।३०।।

30. Śatāvaryādi Kvātha:

Ingredients: *Śatāvarī*, *madhuyaṣṭī*, *vaṭyalaka*, *kusa* and *gokṣura*.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts (10 gm. each). Decoct all these ingredients along with water measuring 16 times greater and reduce it till one fourth.

Method of use/Administration: The decoction of *śatāvarī*, *madhuyaṣṭī*, *vaṭyālaka*, *kuśa* and *gokṣura* should be cooled and taken along with jaggery (10 gm.), honey (10 gm.) and sugar (10 gm.).

Therapeutic benefits: It cures *rakta pitta* (an aliment characterized by bleeding from different parts of the body), burning sensation and colic pain. It also instantly cures fever associated with burning sensation.

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बृहत्यादिक्वाथः (च. द.)–

बृहत्यौ गोक्षुरैरण्डकुशकाशेक्षुरालिकाः । पीताः पित्तभवं शूलं सद्यो हन्युः सुदारुणम् ।।३१।।

31.Bṛihatyādi Kvātha:

Ingredients: *Bṛihatī*(both types), *gokṣura*, *eraṇḍa*, *kuśa*, *kāsa* and *ikṣurālika*.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts. Thus raise 25 gm. of their combined mix and decoct in water measuring 400 ml. till its original quantity is reduced to one fourth. Strain the liquid.

Therapeutic benefits: The decoction instantaneously cures all the serious type of colic pain caused by *pitta*.

(Cakradatt)

एरण्डतैलप्रयोगः–

तैलमेरण्डजं वाऽपि मधुकक्वाथसंयुतम् । शूलं पित्तोद्भवं हन्ति गुल्मं पैत्तिकमेव च ।।३२।।

32. Castor oil (50 ml.) mixed with the decoction (50 ml.) of *yaṣṭimadhu* cures colic pain as well as *gulma* (phantom tumour) caused by *pitta*.

(Cakradatt)

त्रिफलादिक्वाथः (च. द.)–

त्रिफलानिम्बयष्ट्याह्वकटुकाऽऽरग्वधैः श्रृतम् । पाययेन्मधुसंमिश्रं दाहशूलोपशान्तये ।।३३।।

33. Triphalādi Kvātha·

Ingredients: *Triphalā*, *nimba*, *madhuyaṣṭī*, *kaṭuka* and *āragvadha*.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts. Thus raise 25 gm. of their combined mix and decoct in water measuring 400 ml. till its original quantity is reduced to one fourth. Strain the liquid.

Method of use/Administration: It should be consumed by mixing honey (25 gm.) to it.

Therapeutic benefits: It cures colic pain associated with burning sensation.

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अथ श्लेष्मशूलचिकित्सा–

श्लेष्मात्मके छर्दनलङ्घनानि–शिरोविरेकं मधुसीधुपानम् ।
मधूनि गोधूमयवानरिष्टान्–सेवेत रूक्षान् कटुकांश्च सर्वान् ।।३४।।

34. Treatment of ślaiṣmika śūla:

Vamana (emetic) therapy, *langhaṇa* (fasting), *Śiro virecana* (elimination of *doṣas* from the head with the help of inhalation therapy, etc.), intake of *madhu sīdhu* (a type of alcoholic drink prepared of honey), different types of honey, wheat, barley, *ariṣṭas* (a variety of alcoholic medicament) and all types of non-unctuous as well as pungent food are useful in the treatment of *kaphaja* type of colic pain.

(Cakradatt)

पञ्चकोलादिचूर्णम्–

लवणत्रयसंयुक्तं पञ्चकोलं सरामठम् । सुखोष्णेनाम्बुना पीतं कफशूलनिवारणम् ।।३५।।

35.Pañcakolādi Cūrṇam:

Ingredients: Powders of *pañca kola* (*pippalī*, *pippalī mūla*, *cavya*, *citraka* and *nāgara*).

Process of Drug-Making: This is a powder-based formula involving all the ingredients in equal parts.

Method of use/Administration: Combine the powders and consume the mix by mixing into it asafoetida, sea-salt, rock-salt and *viḍa* type of salt along with luke-warm water.

Therapeutic benefits: The medicinal powder cures *kaphaja* type of colic pain.

(Cakradatt)

बिल्वादिक्वाथः–

बिल्वमूलमथैरण्डं चित्रकं विश्वभेषजम् । हिङ्गुसैन्धवसंयुक्तं सद्यःशूलनिवारणम् ।।३६।।

36.Bilvādi Kvātha:

Raise 25 gm. of equal parts of root of *bilva*, *eraṇḍa*, *citraka* and *viśvabhesaja* and mix them thoroughly. Decoct the mix in water measuring 400 ml. till its original quantity is reduced to one fourth. Strain the liquid.

The decoction should be added with asafoetida ($^1/_2$ gm.) and rock-salt (2 gm.). It instantaneously cures *kaphaja* type of colic pain.

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दशमूलक्वाथः–

दशमूलकषायस्तु लवणक्षारसंयुतः । पीतो हृदामयश्वासगुल्मशूलानि नाशयेत् ।।३७।।

37. Daśamūla Kvātha:

Ingredients: All the herbs of *daśamūla* group, *yavakṣāra* and powdered rock salt.

Process of Drug-Making: Take individual herbs of *daśamūla* group in equal parts. Thickly powder them. Thus raise 25 gm. of their combined mix and decoct in water measuring 400 ml. till its original quantity is reduced to one fourth. Strain the liquid.

Method of use/Administration: Add *yavakṣāra* (250 mg.) and powdered rock salt (500 mg.) to the decoction and drink the same.

Therapeutic benefits: This decoction is known as *Daśamūla Kvātha* and is very beneficial in curing heart problems, asthma, *gulma* and *śūla*.

अथामशूलचिकित्सा–

आमशूले क्रिया कार्या कफशूलविनाशिनी । सेव्यमामहरं सर्वं यदग्निबलवर्द्धनम् ।।३८।।

38. Treatment of Āmaja Śūla:

In *āmaja* type of colic pain, all recipes that has been prescribed for the treatment of *kaphaja* type of colic pain, could be used. The patient should take all such diets and drugs which are capable of removing *āma* (product of improper digestion and metabolism) from the body and which promote the power of digestion as well as metabolism.

(Cakradatt)

चतुःसमचूर्णम्–

दीप्यकं सैन्धवं पथ्या नागरञ्च चतुःसमम् । चूर्ण शूलं जयत्याशु मन्दस्याग्नेश्च दीपनम् ।।३९।।

39. The powders of *dīpyaka*, rock-salt, *pathyā* and *nāgara*—all taken in equal quantities—instantaneously cures colic pain. It also stimulates the suppressed power of digestion.

(Cakradatt)

मुस्तादिचूर्णम् (च. द.)–

मुस्तां वचां तिक्तकरोहिणीञ्च तथाऽभयां निर्दहनीञ्च तुल्याम् ।

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पिबेत्तु गोमूत्रयुतां कफोत्थशूले तथाऽऽमस्य च पाचनार्थम् ।।४०।।

40. Mustādi Cūrṇam:

Ingredients: *Mustā*, *vacā*, *tiktaka rohiṇī*, *abhayā* and *nirdahana*.

Process of Drug-Making: *Mustā*, *vacā*, *tiktaka rohiṇī*, *abhayā* and *nirdahana*—all these drugs taken in equal quantities should be powdered together.

Method of use/ Administration and Therapeutic benefits: Intake of this powder in doses of 3-5 gm. along with cow's urine (50 ml.) cures *kaphaja* type of colic pain. It also helps in the digestion of *āma* (byproduct of improper digestion and metabolism).

(Cakradatt)

वातपैत्तिकशूलचिकित्सा–

समाक्षिकंबृहत्यादिपिबेत्पित्तानिलात्मके । व्यामिश्रं वा विधिं कुर्याच्छूले पित्तानिलात्मके ।।४१।।

41.Treatment of Dvandaja Śūla:

Take equal parts of all the herbs belonging to *Bṛihatyādi* group. Thickly ground these herbs and get 24 gm. from their mixture. Methodologically prepare decoction out of the mix and add 24 gm. of honey to it. The decoction should be served to the patients suffering from *śūla* caused due to *vāta* and *pitta*. Optionally, for the treatment of this type of colic pains, recipes meant for *paittika* and *kaphaja* types of colic pain should be mixed together and administered.

(Cakradatt)

कफपित्तशूलचिकित्सा–

पित्तजे कफजे चापिक्रियाया कथिता पृथक् । एकीकृत्य प्रयुञ्जीत तां क्रियां कफपित्तजे ।।४२।।

42. Recipes prescribed for *paittika* and *kaphaja* types of colic pain should be mixed together and administered for the treatment of colic pain caused by *pitta* and *kapha* together.

(Cakradatt)

पटोलादिक्वाथः (च. द.)–

पटोलत्रिफलाऽरिष्टक्वाथं मधुयुतं पिबेत् । पित्तश्लेष्मज्वरच्छर्दिदाहशूलोपशान्तये ।।४३।।

43. Paṭolādi Kvātha:

Ingredients: *Paṭola*, *triphalā* herbs and *ariṣṭa* (neem barks).

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Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts. Thus raise 25 gm. of their combined mix and decoct in water measuring 400 ml. till its original quantity is reduced to one fourth. Strain the liquid.

Method of use/Administration: Consume the decoction by mixing honey (20 gm.) into it.

Therapeutic benefits: The medicine alleviates fever, vomiting, burning sensation and colic pain caused by both *kapha* and *pitta*.

(Cakradatt)

वातश्लेष्मशूलचिकित्सा–

रसोनं मधुसंमिश्रं पिबेत् प्रातः प्रकाङ्क्षितः । वातश्लेष्मभवं शूलं निहन्ति वह्निदीपनम् ।।४४।।

44. Treatment of Śūla caused by the vāta and śleṣmā:

Rasona and *cavya* should be taken along with *kānji* (a type of vinegar) in the morning. This cures colic pain caused by *vātá* and *śleṣmā* together. It also stimulates the power of digestion.

(Cakradatt)

त्रिदोषजशूलचिकित्सा–

शङ्खचूर्णं सलवणं सहिङ्गुव्योषसंयुतम् । उष्णोदकेन तत्पीतं शूलं हन्ति त्रिदोषजम् ।।४५।।

45. Treatment of Tṛidoṣaja Śūla:

Intake of the *bhasma* of *śankha* mixed with the powders of the rock salt, asafoetida and *tṛikaṭu* along with hot water cures colic pain caused by the simultaneous vitiation of all the three *doṣas*.

Dosage: 3-5 gm. of *bhasma* along with other powders.

(Cakradatt)

विदार्यादिस्वरसप्रयोगः–

विदारीदाडिमरसः सव्योषलवणान्वितः । क्षौद्रयुक्तो जयत्याशु शूलं दोषत्रयोद्भवम् ।।४६।।

46. Intake of the juice (50 ml.) of *vidārī* or *dāḍima* along with *tṛikaṭu* (3 gm. each), rock-salt (3 gm.) and honey (10 gm.) instantaneously checks the colic pain caused by the simultaneous vitiation of all the three *doṣas*.

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मण्डूरप्रयोगः–

गोमूत्रशुद्धं मण्डूरं त्रिफलाचूर्णसंयुतम् । विलिहन् मधुसर्पिर्भ्यां शूलं हन्ति त्रिदोषजम् ।।४७।।

47. Take *manḍūra* (100 gm.) and purify it by boiling it for seven consecutive times in cow's urine. Following that triturate it with decoction of *triphalā* herbs (300 gm.) for 60 times. Intake of 1-3 gm. of this *manḍūra bhasma* along with 300 gm. measure of *triphalā* powder, 6 gm. measure of honey and 12 gm. measure of *ghṛitam* cures colic pain caused by the simultaneous vitiation of all the three *doṣas*.

(Cakradatt)

एरण्डद्वादशकक्वाथः (च. द.)–

एरण्डफलमूलानि बृहतीद्वयगोक्षुरम् । पर्णिन्यः सहदेवा च सिंहपुच्छीक्षुरालिका ।।४८।।
तुल्यैरेतैः श्रृतं तोयं यवक्षारयुतं पिबेत् । पृथग्दोषभवं शूलं हन्यात्सर्वभवं यथा ।।४९।।

48-49. Eraṇḍa Dvadasa Kvātha:

Ingredients: Seed pulp of *eraṇḍa*, root of *eraṇḍa*, lesser and bigger varieties of *kaṇṭakārī*, *gokṣura*, *śālaparṇī*, *pṛiśniparṇī*, *māṣaparṇī*, *mudgaparṇī*, *sahadevī*, *simhapucchi* and *iksurālika* (i.e. *kāśa*).

Process of Drug-Making: Take equal parts of all the ingredients. Thus raise 25 gm. of their combined mix and decoct in water measuring 400 ml. till its original quantity is reduced to one fourth. Strain the liquid.

Method of use/Administration: This decoction should be taken along with *kṣāra* (alkali preparation) (10 ml.).

Therapeutic benefits: Such drink cures colic pain caused by *doṣas* individually or together.

(Cakradatt)

हिङ्ग्वादिचूर्ण कट्यादिशूलेषु–

हिङ्गु सौर्वचलं शुण्ठी पथ्या च द्विगुणोत्तरा । एतच्चूर्णं कटीकुक्षिपार्श्वहृद्वस्तिशूलनुत् ।।५०।।

50. Obtain *hingu* fried in *ghṛitam* (12 gm.), *sauvarcala lavaṇa* (24 gm.), dried ginger (48 gm.) and *haraḍa* (96 gm.). Obtain fine powder by grinding them together. Consume this medicine in doses of 2-5 gm. with warm water. This provides relief from *śūla* problem involving the waist, *kukṣi*, *parśava*, heart and *basti*.

(*Yoga Ratnākar*)

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हिङ्ग्वादिचूर्णम् (च. द.)–

हिङ्गु सौवर्चलं पथ्या विडसैन्धवतुम्बरु । पौष्करञ्च पिबेच्चूर्णं दलमूलयवाम्भसा ।।५१।।
पार्श्वहृत्कटिपृष्ठांसशूले तन्द्राऽपतानके । शोथे श्लेष्मप्रसेके च कर्णरोगे च शस्यते ।।५२।।

51-52. Hingavādi Cūrṇam:

Ingredients: Powders of *hingu* (fried in *ghṛitam*), *sauvarcala*, *haraḍa*, *viḍa* salt, rock-salt, *tumburu* and *puṣkaramūla*.

Process of Drug-Making: Take 12 gm. powders each of *hingu* (fried in *ghṛitam*), *sauvarcala*, *haraḍa*, *viḍa* salt, rock-salt, *tumburu* and *puṣkaramūla*. Ground these ingredients into a powder and sieve the same.

Method of use/Administration: Take 1-3 gm. of this powder along with decoction (50 ml.) of *daśamūla* and *yava* (barley).

Therapeutic benefits: This medicine is useful for alleviating the cases of pleurisy, cardiac region, lumber region and shoulder region along with other disorders like *tandrā* (drowsiness), *apatānaka*, edema, excessive salivation and ear diseases.

(Cakradatt)

रुचकादिचूर्णम् (च. द.)–

चूर्णं समं रुचकहिङ्गुमहौषधानां–शुण्ठ्यम्बुना कफसमीरणसम्भवासु ।
हत्पार्श्वपृष्ठजठरार्त्तिविसूचिकासु पेयं तथा यवरसेन तु विडविबन्धे ।।५३।।
समं शुण्ठ्यम्बुनेत्येवं योजना क्रियते बुधैः । तेनाल्पमानमेवात्र हिङ्गु संपरिदीयते ।।५४।।

53-54. Rucakādi Cūrṇam:

Ingredients: *Sauvarcala* salt, *hingu* (fried in *ghṛitam*) and dried ginger.

Process of Drug-Making: Obtain the following in powdered form (1 gm. each): *sauvarcala* salt, *hingu* (fried in *ghṛitam*) and dried ginger powder (50 gm.). First, decoct the ginger powder along with water measuring (200 ml.) till it is reduced to one fourth.

Method of use/ Administration and Therapeutic benefits: The mixture of the above powders is to be taken along with decoction of *śunṭhī* for colic pain caused by *kapha* and *vāta* together. This powder taken along with the decoction of barley is useful in pain in cardiac region, sides of the chest and back, fever, *viṣūcikā* (choleric diarrhoea) and constipation. This recipe is prescribed to be taken along with the decoction of *śunṭhī*. A small quantity of *hingu* (in addition to what

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is prescribed in the recipe) should be added to the decoction while administering the recipe.

(Cakradatt)

एरण्डसप्तकम् (च. द.)–

एरण्डबिल्वबृहतीद्वयमातुलुङ्गपाषाणभित्रिकटमूलकृतः कषायः ।
सक्षारहिङ्गुलवणो रुबुतैलमिश्र–श्राण्यंसमेढ्रहृदयस्तनरुक्षु पेयः ।।५५।।

55. Eraṇḍa Saptakam:

Ingredients: *Eraṇḍa*, *bilva*, *bṛihatī*, *kaṇṭakārī*, *mātulunga*, *pāṣāṇabheda*, *ṭrikaṭu*, *puṣkaramūla*, *kṣāra* (alkali preparation), asafoetida, rock-salt and castor oil.

Process of Drug-Making: Prepare a decoction of *eraṇḍa*, *bilva*, *bṛihatī*, *kaṇṭakārī*, *mātulunga*, *pāṣāṇabheda*, *ṭrikaṭu* and *puṣkaramūla* (all taken in equal parts and measuring 25 gm. in combination). Decoct the mix in water measuring 400 ml. till its original quantity is reduced to one fourth. Strain the liquid. Treat the decoction with *kṣāra* (alkali preparation) (2 ml.), asafoetida (2 gm.), rock-salt (2 gm.) and castor oil (10 ml.).

Therapeutic benefits: This should be taken by a patient suffering from pain in hip region, shoulder region, cardiac region, *medhra* (male genital organ) and breasts.

(Cakradatt)

मातुलुङ्गमूलादिक्वाथौ पार्श्वादिशूले (यो. र.)–

मातुलुङ्गरसो वाऽपि शिग्रुक्वाथस्ततः परः । सक्षारो मधुना पीतः पार्श्वहृद्वस्तिशूलनुत् ।।५६।।

56. Intake of either the juice of *mātulunga* or the decoction of *śigru* (50 ml.) along with *kṣāra* (alkali preparation) (1 ml.) and honey (10 gm.) cures pain in cases of pleurisy, cardiac region and urinary bladder.

(*Yoga Ratnākar*)

हिङ्ग्वादिचूर्णम् (द्वितीयम्) (च. द.)–

हिङ्गुत्रिकटुकं कुष्ठं यवक्षारोऽथ सैन्धवम् । मातुलुङ्गरसोपेतं प्लीहशूलापहं रजः ।।५७।।

57. Hingavādi Cūrṇam:

Ingredients: Powder of *hingu*, *ṭrikaṭu* (i.e. dried ginger, *marica* and *pippalī*) *kuṣṭha*, *yavakṣāra* and rock salt.

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Process of Drug-Making: This is a powder-based formula involving all the ingredients in equal parts.

Method of use/Administration: The powder of *hingu*, *tṛikaṭu* (i.e. dried ginger, *marica* and *pippalī*) *kuṣṭha*, *yavakṣāra* and rock salt should be taken in doses of 3-5 gm. along with the juice of *mātulunga*.

Therapeutic benefits: This medicinal powder cures pain in the spleen.

(Cakradatt)

मृगशृङ्गभस्मप्रयोगः–

दग्धमनिर्गतधूमं मृगशृङ्गंगोघृतेनसहपीतम् । हृदयनितम्बजशूलंहरतिशिखा दारुनिवहमिव ।।५८।।

58. The ash of deer horn (250 mg.) collected by burning it in an airtight container should be mixed with cow's *ghṛitam* (10 gm.). Intake of this cures pain in heart and hip regions as effectively as the fire engulfs logs of wood.

(Cakradatt)

शूलहरधूपः (च. द.)–

कम्बलावृतगात्रस्य प्राणायामं प्रकुर्वतः । कटुतैलाक्तशक्तनां धूपः शूलहरः परः ।।५९।।

59. The patient's body should be covered with a blanket and he should then perform *prāṇāyāma* (breathing exercise). His body should then be fumigated by igniting *sattu* (corn flour) mixed with mustard oil. This is an excellent recipe for curing colic pain.

(Cakradatt)

शूलेऽकर्त्तव्यानि (च. द.)–

व्यायामं मैथुनं मद्यं वैदलं कटुकानि च । वेगरोधं शुचं क्रोधं वर्जयेच्छूलवान्नरः ।।६०।।

60. Prohibitions: The patient suffering from colic pain should avoid exercise, sexual intercourse, alcoholic drinks, salt, pungent food, *vaidala* (pulses having two cotyledons), suppression of the manifested natural urges, worry and anger.

(Cakradatt)

तत्र सामान्यक्रमः–

वमनं तिक्तमधुरैर्विरेकश्चात्र शस्यते । बस्तयश्च हिताः शूले परिणामसमुद्भवे ।।६१।।

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61. Administration of *vamana* (emetic), *virecana* (purgation) and *basti* (enema) therapies with the help of bitter and sweet drugs are useful in the treatment of *pariṇāma* type of colic pain.

नागरादिकल्कः–

नागरतिलगुडकल्कंपयसासंसाध्ययःपुमानद्यात् । उग्रं परिणतिशूलं तस्यापैति सप्तरात्रेण ।।६२।।

62. The patient who takes the *kalka* of *nāgara* (6 gm.), *tila* (6 gm.) and jaggery (12 gm.) by boiling the same with milk (400 ml.) and water (1600 ml.), becomes free from serious type of *pariṇāma śūla* within seven nights.

(Cakradatt)

शम्बूकभस्म परिणामशूले–

शम्बूकजं भस्म पीतं जलेनोष्णेन तत्क्षणात् । पक्तिजं विनिहन्त्येतच्छूलं विष्णुरिवासुरान् ।।६३।।

63. Intake of the *bhasma* of *śambūka* along with hot water instantaneously cures *pariṇāma* type of colic pain aseasily as the demons were destroyed by God Viṣnu.

Dose: 1 gm.

(Cakradatt)

शक्तुप्रयोगः–

दध्नाऽनूनसरेणाद्यात् सतीन यवशक्तुकान् । अचिरान्मुच्यते शूलान्नरोऽन्नपरिवर्जनात् ।।६४।।

64. The patient should use as food, curd along with the cream, *satīna* and *saktu* prepared by *yava*. He should avoid all the other meals. This makes him instantaneously free from *pariṇāmaja* type of colic pain.

(Cakradatt)

तिलादिगुडिका–

तिलनागरपथ्यानां भागं शम्बूकभस्मनाम् । द्विभागगुडसंयुक्तां गुडीं कृत्वाऽक्षभागिकाम् ।।६५।।
शीताम्बुपानं पूर्वाह्णे भक्षयेत् क्षीरभोजनः । सायाह्ने रसकं पीत्वा नरो मुच्येत दुर्जयात् ।।
परिणामसमुत्थाच्च शूलाच्चिरभवादपि ।।६६।।

65-66. Tilādi Guḍikā

Obtain 12 gm. powder each of black sesame seeds, dried ginger, *haraḍa* and *śambūka bhasma*. Also take old jaggery (96 gm.). Combine all of them andtriturate the mix. Prepare pills measuring 10 gm. each out of the recipe. During

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morning hours, take one pill along with cold water. While consuming this medicine, one should eat morning meals with milk and in the evening meat soup should be included. If one consumes this medicines strictly following the above *pathya*, he would surely get relief from difficult *pariṇāma śūla* and chronic *śūla*.

(Cakradatt)

शक्तुप्रयोगः परिणामजे शूले–

यःपिबतिसप्तरात्रंशक्तूनेकान्कलाययूषेण। सजयतिपरिणामजंशूलंचिरजमपिकिमुतनूतनजम्।।६७।।

67. The patient, who takes *saktu* (roasted corn flour) along with the soup of *kalāya* for seven nights, becomes free from even chronic *pariṇāma śūla* what to speak of freshly occurring one.

लौहमण्डूरभस्मनोः प्रयोगौ–

लौहचूर्णं वरायुक्तं विलीढं मधुसर्पिषा । परिणामशूलं हन्ति तन्मलं वा प्रयोजितम् ।।६८।।

68. Lauhamaṇḍūra Yoga:

Ingredients: *Bhasma* of *lauha*, *triphalā* powder, honey and *ghṛitam*.

Process of Drug-Making: Take *bhasma* of *lauha* (250 mg.), *triphalā* powder (2 gm.), honey (10 gm.) and *ghṛitam* (5 gm.). Combine them together. Optionally, one can also take *maṇḍūra bhasma* (250 mg.) mixed along with the *triphalā* powder measuring 1 gm.

Method of use/Administration: Consume either of the mixes along with honey and *ghṛitam*.

Therapeutic benefits: Intake of these recipes alleviates *pariṇāma śūla*.

(Cakradatt)

नारिकेलक्षारः (भा. प्र.)–

नारिकेलं सतोयञ्च लवणेन प्रपूरितम् । मृदाऽववेष्टितं शुष्कं पक्वं गोमयवह्निना ।।६९।।
पिप्पल्याभक्षितंहन्तिशूलंच परिणामजम् । वातिकं पैत्तिकञ्चापि श्लैष्मिकं सान्निपातिकम् ।।७०।।

69-70. Nārikela Kṣāra:

Ingredients: Coconut along with its water and powdered rock salt.

Process of Drug-Making: Take a coconut along with its water and fill it with powdered rock salt (125 gm.) and close the mouth of the fruit. Smear it with mud and heat up the same on fire. After it cools down to atmospheric temperature, the coconut should be compounded thoroughly into a fine powder.

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Dosage: 1-2 gm. along with pepper powder (1 gm.)

Therapeutic benefits: This cures *pariṇāmaja* type of colic pain and colic pain caused by *vāta*, *pitta*, *kapha* and all the three *doṣas* vitiated simultaneously (*sannipātika*).

(*Bhāvaprakāśa*)

सामुद्राद्यं चूर्णम्–

सामुद्रं सैन्धवं क्षारौ रुचकं रोमकं बिडम् । दन्ती लौहरजः किट्टं त्रिवृच्छूरणकं समम् ।।७१।।
दधिगोमूत्रपयसा मन्दपाकविपाचितम् । तद्यथाऽग्निबलं चूर्णं पिबेदुष्णेन वारिणा ।।७२।।
जीर्णेऽजीर्णे तु भुञ्जीतमांसादिघृतसाधितम् । नाभिशूलं प्लीहशूलं यकृद्गुल्मकृतञ्च यत् ।।७३।।
विद्रध्यष्ठीलिकां हन्ति कफवातोद्भवं तथा । शूलानामपि सर्वेषामौषधं नास्ति तत्परम् ।।
परिणामसमुत्थस्य विशेषेणान्तकृन्मतम् ।।७४।।

71-74. Sāmudrādya Cūrṇa:

Ingredients: S*amudra lavaṇa*, rock salt, *kṣāra* (alkali preparation), *rucaka*, *romaka*, *viḍa*, *dantī*, *lauha bhasma*, *manḍūra bhasma*, *triviṛit and sūraṇa*, curd, cow's urine and cow's milk.

Process of Drug-Making: Obtain s*amudra lavaṇa*, rock salt, *kṣāra* (alkali preparation), *rucaka*, *romaka*, *viḍa*, *dantī*, *lauha bhasma*, *manḍūra bhasma*, *triviṛit and sūraṇa* (all in equal quantities). Cook their combination over mild heat by adding to it the curd, cow's urine and cow's milk.

Method of use/Administration: Depending upon the power of digestion, this powder should be taken in doses of 1-2 gm. along with warm water. If there is proper or improper digestion, the patient should take meat, etc. cooked by adding *ghṛitam* to the same.

Therapeutic benefits: This cures colic pain in umbilical region, spleen related region and hepatic region, *gulma* and *vāta*, and all types of colic pain. There is no medicine better than this for the cure of colic pain. It is especially useful in curing *pariṇāma* type of colic pain.

(Cakradatt)

कृष्णाऽभयालौहचूर्णम् (च. द.)–

कृष्णाऽभयालौहचूर्णम् गुडेन सह भक्षयेत् । पक्तिशूलं निहन्त्येयज्जठराण्यग्निमन्दताम् ।।
आमवातविकारांश्च स्थौल्यं चैवापकर्षति ।।७५।।

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75. Kṛiṣṇābhayā Lauha Cūrṇam:

Ingredients: *Kṛiṣṇā*, *abhayā* and *lauha bhasma*.

Method of use/Administration: *Kṛiṣṇā*, *abhayā* and *lauha bhasma* should be powdered (1 gm.) and mixed along with jaggery (4 gm.).

Therapeutic benefits: It cures *pakti śūla*, *jaṭhara* (abdominal diseases including ascites), suppression of the power of digestion, *āma vāta* (*vāta roga*) and obesity.

(Cakradatt)

पथ्यादियोगः–

पथ्या लोहरजः शुण्ठीचूर्णं माक्षिकसर्पिषा । परिणामरुजां हन्ति वातपित्तकफात्मिकाम् ।।७६।।

76. Intake of the powder of *pathyā* (one part), *bhasma* of *lauha* (one part) and powder of *śunṭhī* (one part) along with honey (10 gm.) and *ghṛitam* (15 gm.) cures *pariṇāma śūla* caused by *vāta*, *pitta* and *kapha*.

Dosage: 1 gm.

(Cakradatt)

शङ्खचूर्णम्–

शङ्खचूर्णस्य च पलं पञ्चैव लवणानि च । क्षारटङ्गणकं जाती शतपुष्पा यमानिका ।।७७।।
हिङ्गु त्रिकटुकं चैव सर्वमेकत्र चूर्णयेत् । आमवातं यकृच्छूलं परिणामसमुद्भवम् ।।७८।।
अन्नद्रवकृतं शूल शूलञ्चैव त्रिदोषजम् ।।७९।।

77-79. Śankha Cūrṇam:

Ingredients: Powders of *śankha bhasma*, rock salt, *sauvarcala lavaṇa*, *viḍa lavaṇa*, *samudra lavaṇa*, *khanija lavaṇa*, *yavakṣāra*, purified borax, *jātīphala*, aniseeds, caraway seeds, purified asafoetida, dried ginger, *marica* and *pippalī*.

Process of Drug-Making: Obtain powders of the following measuring 50 gm. each: *śankha bhasma*, rock salt, *sauvarcala lavaṇa*, *viḍa lavaṇa*, *samudra lavaṇa*, *khanija lavaṇa*, *yavakṣāra*, purified borax, *jātīphala*, aniseeds, caraway seeds, purified asafoetida, dried ginger, *marica* and *pippalī*. Finely mortar all these materials together.

Method of use/Administration: This medicine is known as *Śankha Cūrṇa*. Take doses of 1-3 gm. along with warm water.

Therapeutic benefits: This medicine promotes dig

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estive power. It alleviates *śūla* caused during digestion of food and *tridoṣa* generated *śūla*.

(*Rasendra Sār Sangraha*)

हिङ्ग्वादिचूर्णम् (व. से.)–

सहिङ्गुतुम्बुरुव्योषयमानीचित्रकाभयाः । सक्षारलवणाश्चूर्णं पिबेत्प्रातः सुखाम्बुना ।।
विण्मूत्रानिलशूलघ्नं पाचनं वह्निदीपनम् ।।८०।।

80. Hingavādi Cūrṇam:

Ingredients: Powders of *hingu*, *tumburu*, *vyoṣa*, *yavānī*, *citraka*, *abhayā kṣāra* (alkali preparation) and rock-salt.

Process of Drug-Making: This is a powder-based formula involving all the ingredients in equal parts.

Method of use/Administration: Take this medicinal powder in doses of 2-3 gm. along with lukewarm water in the morning.

Therapeutic benefits: It cures colic pain caused by improper excretion of stool, urine and flatus. It is carminative and stimulant of digestion.

(Vangasen)

शम्बूकादिगुटिका–

शम्बूकं त्र्यूषणं चैव पञ्चैव लवणानि च । समांशा गुटिका कार्या कलम्बकरसेन च ।।८१।।
प्रातर्भोजनकाले वा भक्षयेत्तथद्याबलम् । शूलाद्विमुच्यते जन्तुः सहसा परिणामजात् ।।८२।।

81-82. Śambūkādi Guṭikā:

Ingredients: *Bhasma* of *śambūka*, *tryūṣṇa*, five varieties of *lavaṇa* and juice of *kalambu*.

Process of Drug-Making: Take 12 gm. each of *bhasma* of *śambūka*, *tryūṣṇa*, five varieties of *lavaṇa* and ground them into a powder. Impregnate this powder with the juice of *kalambu* and subsequently triturate it. Prepare pills out of this *kalka*.

Method of use/Administration: Depending upon the strength of the patient, this recipe should be used in appropriate doses.

Therapeutic benefits: It instantaneously frees one from *pariṇāma* type of colic pain.

(Cakradatt)

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विडङ्गादिमोदकः (यो. र.)–

विडङ्गतण्डुलव्योषं त्रिवृद्दन्ती सचित्रकम् । सर्वाण्येतानि चाहृत्य सूक्ष्मचूर्णानि कारयेत् ।।८३।।
गुडेन मोदकान् कृत्वा भक्षयेत्प्रातरुत्थितः । उष्णोदकानुपानं तु दद्यादग्निनिबर्द्धनम् ।
जयेत् त्रिदोषजं शूलं परिणामसमुद्भवम् ।।८४।।

83-84. Viḍangādi Modaka:

Ingredients: Seeds of *viḍanga*, *ṭrikaṭu*, *ṭrivṛit*, *dantī*, *citraka* and syrup of jaggery.

Process of Drug-Making: Get seeds of *viḍanga*, *ṭrikaṭu*, *ṭrivṛit*, *dantī* and *citraka* and compound them into a powder. Cook their mix along with syrup of jaggery. Subsequently, prepare *modakas* (large pills, weighing about 6 gm. each) out of the recipe.

Method of use/Administration: Consume one *modaka* of this medicine along with warm water after getting up from bed during morning hours.

Therapeutic benefits: It promotes the power of digestion and cures *pariṇāma śūla* caused by the simultaneous vitiation of all the three *doṣas*.

(*Yoga Ratnākar*)

शूलहरणयोगः–

हरीतकी त्रिकटुकं कुचिला हिङ्गुसैन्धवम् । गन्धकञ्च समं सर्वं वटीं कुर्यात् सुखावहाम् ।।८५।।
लघुकोलप्रमाणान्तु भोजनान्ते प्रशस्यते । एकैका वटिका ग्राह्या गुल्मशलविनाशिनी ।।८६।।
ग्रहण्यामतिसारे च साजीर्णे मन्दपावके । योजयेदुष्णपयसा सुखमाप्नोति निश्चितम् ।।८७।।
सुवर्णवद् भवेद् देहः सदोत्साहयुतो नृणाम् ।।८८।।

85-88. Obtain 12 gm. each of the following in powdered form: *haraḍa*, dried ginger, *pippalī*, black pepper, purified *viṣamuṣṭi*, purified asafoetida, rock salt and purified *gandhaka*. Finely triturate all these materials along with water. Prepare pills similar to the size of lesser *kola* (modern dose 250 mg. each) and dry them under shade. Everyday after finishing meals take one pill of this medicine. This medicine cures *gulma* and *śūla* problems. This medicine is known as *Śūlaharaṇayoga*. Consume this medicine along with lukewarm water to alleviate disorders like *grahaṇī*, *atisāra*, *ajīrna* and loss of digestive power. Consumption of this medicine makes body very active and it dazzles like gold.

शङ्खरसगुडिका–

पलानि चिञ्चाक्षारस्य पञ्च पञ्च पलानि च । लवणानां क्षिपेत्प्रस्थद्वयं जम्बीरवारिणः ।।८९।।

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पलद्वादश शङ्खस्य भस्मीभूतं क्षिपेत्पुनः । पूर्वत्रयेण सम्मर्द्य हिङ्गुव्योषचतुष्पलम् ।।९०।।
रसामृतसुगन्धानां पलार्द्धस्य पृथक् पृथक् । दद्यात् समस्तं सम्मर्द्य जम्बीराम्ले दिनत्रयम् ।।९१।।
बदरास्थिप्रमाणेन गुडिकाः कारयेद्भिषक् । भक्षयेत् प्रातरुत्थाय तोयमुष्णं पिबेदनु ।।९२।।
शूलञ्च सर्वगुल्मञ्च अजीर्ण परिणामजम् । अन्त्रशूलं पक्तिशूलं हृच्छूलञ्च विशेषतः ।।९३।।
कुक्षिशूलं पार्श्वशूलं पृथग्वातादिसम्भवम् । आमशूलमुदावर्त्तं नाशयेन्नात्र संशयः ।।९४।।

89-94. Śankha Rasa Guḍikā:

Ingredients: *Kṣāra* of tamarind, all the five types of salts, juice of *jambīra* lemon, *śankha bhasma*, powdered asafoetida fried in *ghṛitam*, dried ginger, black pepper, *pippalī*, purified *pārada*, purified *gandhaka* and purified *vatsanābha viṣa* powder.

Process of Drug-Making: Take *kṣāra* of tamarind and all the five types of salts (230 gm. each). Properly triturate these materials along with juice of *jambīra* lemon (1500 ml.) and *śankha bhasma* (550 g m.). Add to the preparation, 46 gm. each of powdered asafoetida fried in *ghṛitam*, dried ginger, black pepper and *pippalī*. Also add to it *kajjalī* prepared out of purified *pārada* (23 gm.) and purified *gandhaka* (23 gm.) and purified *vatsanābha viṣa* powder (23 gm.). Mortar all these material together and process this compound with juice of *jambīra* lemon through *bhāvanā* method for three days. Every evening fully immerse this medicine in juice of *jambīra* lemon and triturate it on the second day. Repeat this procedure for three times. Following this, prepare pills measuring 250 mg. each and dry them under shade.

Method of use/Administration: Consume one pill during morning hours along with warm water.

Therapeutic benefits: This medicine is known as *Śankha Rasa Guḍikā* and is very beneficial in curing *śūla*, all types of *gulma*, *ajīrna*, *pariṇāma śūla*, *annadrava śūla*, *paktiśūla*, heart *śūla*, *kukṣi śūla*, *pārśavśūla* caused due to vitiated *vāta*, *āmaśūla* and *udāvarta*.

शूलगजकेशरी–

शुद्धमूतं द्विधा गन्धं यामैकं मर्दयेद् दृढम् । द्वयोस्तुल्यं शुद्धताम्र-संपुटं तं निरोधयेत् ।।९५।।
ऊर्ध्वाधोलवणंदत्त्वामृद्भाण्डेस्थापयेद्बुधः । रुद्ध्वा गजपुटं दत्त्वा स्वाङ्गशीतं समुद्धरेत् ।।९६।।
सम्पुटं चूर्णयेच्छलक्ष्णंपर्णखण्डे द्विगुञ्जकम् । भक्षयेत्सर्वशूलार्त्तो हिङ्गु शुण्ठी सजीरका ।।९७।।
वचा मरिचजं चूर्णं सममुष्णाजलैः पिबेत् । असाध्यं साधयेच्छूलं श्रीशूलगजकेशरी ।।९८।।

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95-98. Śūla Gaja Keśarī:

Ingredients: Purified *pārada*, purified *gandhaka* and leaves of *tāmra*.

Process of Drug-Making: Obtain purified *pārada* (12 gm.) and purified *gandhaka* (24 gm.) and triturate them together for three hours. Smear this *kajjali* on very thin sheets of *tāmra*(36 gm.) and keep them inside a *śarāva saṁpuṭa* (two earthen plateswith their joint sealed by mud smeared cloth). Keep this *śarāva saṁpuṭa* in the middle of an earthen vessel with salt all around it. Seal this earthen vessel and cook it through the *gaja puṭa*. After cooking, collect the powder from *śarāva saṁpuṭa* and further triturate it into a fine powder.

Method of use/Administration: This medicine should be taken in doses of 250 mg. It cures all types of colic pain. After taking this, the patient should take 500 mg. to 1 gm. of the powder of *hingu*, *śunṭhī*, *jīraka*, *vacā* and *marica* with warm water.

Therapeutic benefits: This is called *Śūla Gaja Keśarī* and it cures even the seemingly incurable types of colic pain.

(*Rasendra Sār Sangraha*)

शूलवर्जिणी वटी–

रसगन्धकलौहानां पलार्द्धेन समन्वितम् । टङ्कणं रामठं शुण्ठी त्रिकटु त्रिफला शटी ।।९९।।
त्वगेलापत्रतालीशं जातीफललवङ्गकम् । यमानी जीरकं धान्यं प्रत्येकं तोलकं शुभम् ।।१००।।
माषैका वटिका कार्याच्छागीदुग्धेनपेषिता । गणेशं योगिनीं शम्भुं हरिं सूर्यं प्रपूज्य च ।।१०१।।
शीततोयानुषानेन छागीदुग्धेन वा पुनः । एकैका भक्षिता चैवं वटिका शूलवज्रिणी ।।१०२।।
शूलमष्टविधं हन्ति प्लीहगुल्मोदरज्वरम् । अष्ठीलाऽऽनाहमेहांश्च मन्दाग्नित्वमरोचकम् ।।१०३।।
अम्लपित्तामवातांश्च कामलां पाण्डुरोगकम् । गुरुणा चन्द्रनाथेन वटिकैषा प्रकीर्त्तिता ।।
संसारलोकरक्षार्थं विधिना परिनिर्मिता ।।१०४।।

99-104. Śūla Vjrjiṇī Vaṭī:

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma*, purified borax, purified asafoetida, dried ginger, separate herbs of *ṭrikaṭu* (dried ginger, *marica*, *pippalī*), separate herbs of *ṭriphalā*, *karcūra*, cinnamon bark, cardamom, cassia leaves, *tāliśapatra*, *jātīphala*, clove, caraway seeds, cumin seeds, coriander seeds and goat milk.

Process of Drug-Making: Take 23 gm. each of purified *pārada*, purified *gandhaka* and *lauha bhasma*, 12 gm. each of purified borax, purified asafoetida, dried ginger, separate herbs of *ṭrikaṭu* (dried ginger, *marica*, *pippalī*), separate

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herbs of *triphalā*, *karcūra*, cinnamon bark, cardamom, cassia leaves, *tāliśapatra*, *jātīphala*, clove, caraway seeds, cumin seeds and coriander seeds. First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix into it the rest of materials. Triturate the compound with goat milk for one whole day. Prepare pills in measurement of 500 mg. to 1gm. and dry them under shade. Preserve them in a glassware.

Method of use/Administration: Before starting the medicine, worship the following: Śrī Ganeśa, Yoginiya, Mahādeva, Viṣnu and Surya Bhagvāna. Consume this medicine in doses of one pill along with cold water and goat milk after every three hours period.

Therapeutic benefits: This pill is capable of curing eight types of *śūla*, enlargement of spleen (*plīhāvṛidhi*), *gulma*, stomach disorders (*udara vikāra*), fever, *aṣṭhilā*, *ānāha*, *prameha* (i.e. urinary disorders including diabetes), loss of digestive power (*mandāgni*), anorexia, *āmlapitta*, *āmavāta*, jaundice, *pānḍu roga* and the like. This medicine is known as *Śulavajrani Vātika*.Chandranāth Guru has prepared it for the benefit and protection of the mankind.

(*Rasendra Sār Sangraha*)

शूलान्तको रसः–

त्र्यूषणं त्रिफला मुस्तं त्रिवृता चित्रकं तथा । एकैकशः समो भागस्तदर्धं रसगन्धयोः ।।१०५।।
लोहाभ्रकविडङ्गानां भागस्तु द्विगुणो भवेत् । एतत्सर्वं समादाय चूर्णयित्वा विचक्षणः ।।१०६।।
त्रिफलायाः कषायेण गुडिकाः कारयेद् भिषक् । तदेकां भक्षयेत्प्रातर्भक्तवारि पिबेदनु ।।१०७।।
निहन्ति परिणामोत्थमम्लपित्तं वमिं तथा । अन्नद्रवभवं शूलं सन्निपातसमुद्भवम् ।।१०८।।
सर्वशूलानि हन्त्याशु शुष्कदार्वनलो यथा ।।१०९।।

105-109. Śulāntaka Rasa:

Ingredients: Dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *mustā*, roots of *triviṛit*, *citraka*, *kajjalī*, *pārada*, *gandhaka*, *lauha bhasma*, *abhraka bhasma*, *vāyaviḍanga* and decoction of *triphalā*.

Process of Drug-Making: Obtain powders measuring 12 gm. each of dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *mustā*, roots of *triviṛit* and *citraka*. Also take *kajjalī* (6 gm.) prepared out of equal parts of *pārada* and *gandhaka*, 24 gm. each of *lauha bhasma*, *abhraka bhasma* and *vāyaviḍanga* in powdered form. Combine all of these together and mortar them into a fine powder.

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Treat this compound with decoction of *triphalā* through *bhāvanā* method. Prepare pills in measurement of 500 mg. each. This medicine is known as *Śulāntaka Rasa*.

Method of use/Administration: After consuming one pill of this medicine in morning drink *bhaktavārī* (i.e. *kānji*).

Therapeutic benefits: This *Śulāntaka Rasa* is very much effective in curing *pariṇāma śūla*, *āmlapitta*, *vamana*, *annadrava śūla*, *tridoṣprakopajanya śūla* and all other types of *śūla*. The medicine checks the disorder as effectively as the fire burns the dry wood.

त्रिगुणाख्यो रसः (र. सा. सं.)–

टङ्कणं हारिणं शृङ्गं स्वर्ण गन्धं मृतं रसम् । दिनैकमार्द्रकद्रावैर्मर्द्यं रुद्ध्वा पुटे पचेत् ।।११०।।
त्रिगुणाख्यो रसो नाम्ना माषैकं मधुसर्पिषा । सैन्धवं जीरकं हिङ्गु मध्वाज्याभ्यां लिहेदनु ।।
पंक्तिशूलहरः ख्यातो याममात्रान्न संशय ।।१११।।

110-111. Triguṇākhyo Rasa:

Ingredients: *Tañkaṇa bhasma*, *mṛigaśṛīnga bhasma*, purified *pārada* and ginger juice.

Process of Drug-Making: Take equal parts of *tañkaṇa bhasma*, *mṛiga śṛīnga bhasma* and purified *pārada*. Add their mix with ginger juice and triturate the compound for one whole day. Keep this preparation in a sealed pot and cook it through *puṭa pāka* using the *gaja puṭa* method. Subsequently, let it cool down to atmospheric temperature.

Method of use/Administration: One should take 65 mg. measure of the medicine along with *ghṛitam* and honey. Thereafter, rock-salt, *ghṛitam* and *jīraka* should be taken along with honey and *ghṛitam*.

Therapeutic benefits: It undoubtedly cures *pakti śūla* within three hours.

(*Rasendra Sār Sangraha*)

त्रिपुरभैरवरसः (यो. र.)–

भागोरसस्य भागश्च हेम्नः पिष्टिं विधाय च । तथा द्वादशभागानि ताम्रपत्राणि लेपयेत् ।।११२।।
ऊर्ध्वाधोगन्धकं दत्त्वा पलमात्रं समन्ततः । सिञ्चेन्मत्स्याक्षीनीरेण रुद्ध्वा यामचतुष्टयम् ।।११३।।
पचेच्छूलहरः सूतो भवेत्त्रिपुरभैरवः । माषो मध्वाज्यसंयुक्तो देयोऽस्य परिणामजे ।।११४।।
अन्येष्वेरण्डतैलेन कटुत्रययुतो हितः ।।११५।।

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112-115. Tṛipura Bhairava Rasa:

Ingredients: *Pārada*, *svarṇa*, thin leaves (very thin sheets) of *tāmra*, purified *gandhaka*, *kṣāra*, powder or *bhasma* of deer horn and juice of *matsyākṣī*.

Process of Drug-Making: Obtain *pārada* (12 gm.) and *svarṇa* (12 gm.) and triturate them together to make an amalgam (*piṣṭi*). Smear the *piṣṭi* over the thin sheets of *tāmra* (145 gm.) and further triturate them. Keep the sheets inside an earthen vessel and surround it with purified *gandhaka* (50 gm.), *kṣāra* (12 gm.) and powder or *bhasma* of deer horn (12 gm.). Sprinkle juice of *matsyākṣī* over this. Cook this earthen vessel for twelve hours in a *Bālukā Yañtra*.

Method of use/Administration: This is called *Tṛipura Bhairava Rasa*. This should be taken in doses of 65 mg. along with castor oil (12 gm.) and asafoetida.

Therapeutic benefits: Ist is useful in *pariṇāma śūla* and other types of colic pain.

(*Yoga Ratnākar*)

श्री विद्याधराभ्रम्–

विडङ्गमुस्तत्रिफलागुडूचीदन्तीत्रिवृद्वह्निकटुत्रिकञ्च ।
प्रत्येकमेषां पिचुभागचूर्णं पलानिचत्वार्ययसोमलस्य ।।११६।।
गोमूत्रशुद्धस्य पुरातनस्य यद्वाऽयसो वाऽपि शिवाटिकायाः ।
कृष्णाभ्रकाच्चूर्णपलं विशुद्धं निश्चन्द्रिकं श्लक्ष्णमतीव सूतात् ।।११७।।
पादोनकर्षस्वरसेन भल्लशिलातले मन्युमनीदलस्य ।
सम्मर्द्य यत्नादतिशुद्धगन्धपाषाणचूर्णेन पिचून्मितेन ।।११८।।
युक्त्या तत पूर्वरजांसि दत्त्वा सर्पिर्मधुभ्यामवमद्यर्यत्नात् ।
संस्थापयेत्स्निग्धविशुद्धभांडे ततः प्रयोज्यास्य रसायनस्य ।।११९।।
वल्लप्रमाणन्त्वथवा द्विवल्लं गव्यं पयो वा शिशिरं जलं च ।
पिबेदयं योगवरः प्रभूतकालप्रणष्टानलदीपकश्च ।।१२०।।
रोगेषु हन्यात्परिणामशूलं शूलं तथाऽन्नद्रवसंज्ञकञ्च ।
यक्ष्माम्लपित्तं ग्रहणीं प्रदुष्टां जीर्णज्वरं लोहितपित्तमुग्रम् ।।
न संति ते यान्न निहंति रोगान् योगोत्तमः सम्यगुपास्यमानः ।।१२१।।

116-121. Śṛīvidyādhara Abhrama:

Ingredients: *Vāyavidanga*, *mustā*, *haraḍa*, *vibhītaka*, *āmalakī*, *guḍūcī* (its powder or its *satva*), root of *dantī*, purified *jātīphala*, root of *tṛivṛit*, root of *citraka*, dried ginger, *marica*, *pippalī*, *manḍūra bhasma*-purified through the cow urine, *lauha bhasma* or *lauha patṛika*, *niścandra bhasma* of *kṛiṣṇa abhraka*,

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pārada, juice of *manḍukaparṇī*, purified *gandhaka*, purified *pārada* and *gandhaka*.

Process of Drug-Making: Take 12 gm. each of the following in powdered form: *vāyaviḍanga*, *mustā*, *haraḍa*, *vibhītaka*, *āmalakī*, *guḍūcī* (its powder or its *satva*), root of *dantī*, purified *jātīphala*, root of *tṛivṛit*, root of *citraka*, dried ginger, *marica* and *pippalī*. Also take, *manḍūra bhasma* purified in cow urine along with *lauha bhasma* or *lauha patṛika* (187 gm.), *niścandra bhasma* of *kṛiṣṇa abhraka* (46 gm.), *pārada* (3 gm.) obtained after purifying it with juice of *manḍukaparṇī* and purified *gandhaka* (12 gm.). First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix powders of the rest of the materials. Triturate the ingredients together and put the compound in a glassware.

Method of use/Administration: Consume this medicine in doses of 350-750 ml. along with honey and *ghṛitam*. After consuming this medicine, drink cow milk and cold water.

Therapeutic benefits: This medicine is one of the best among its kind. It promotes digestive power which is chronically loosing and also checks *pariṇāma śūla*, *annadrava śūla*, *rajayakṣamā*, *āmlapitta*, *praduṣṭa sangrahaṇī*, *jīrṇajvara*, severe *raktapitta* and all the related disorders. There is no such disease which cannot be cured with this medicine. Proper quantity, proper *anupānas* and regular consumption of this medicine can cure all types of diseases. This medicine is known as *Vidyādharābhrayoga*.

(*Rasendra Sār Sangraha*)

विद्याधराभ्रम् (बृहत्)–

शुद्धसूतं तथा गन्धं फलत्रयकटुत्रयम् । विडङ्गं मुस्तकञ्चैव त्रिवृता दन्तिचित्रकम् ।।१२२।।
आखुपर्णी ग्रन्थिकञ्च प्रत्येकं कर्षसम्मितम् । पलं कृष्णाभ्रचूर्णस्य मृतायश्च चतुर्गुणम् ।।१२३।।
घृतेन मधुनापिष्ट्वावटींगुञ्जात्रयोन्मिताम् । एकैकां वटिकां खादेत् प्रातरुत्थाय नित्यशः ।।१२४।।
अनुपानं गवां क्षीरं नीरं वा नारिकेलजम् । सर्वशूलं निहन्त्याशु वातपित्तभवं तथा ।।१२५।।
एकजं द्वन्द्वजञ्चैव तथैव सान्निपातिकम् । पारिणामोद्भवं शूलमामवातोद्भवं तथा ।।१२६।।
काश्यंवैवर्ण्यमालस्यंतन्द्राऽरुचिविनाशनम् । साध्यासाध्यंनिहन्त्याशुभास्करस्तिमिरंयथा ।।१२७।।

122-127. Śrividyādhara Abhrama (Second Recipe):

Ingredients: Purified *pārada*, purified *gandhaka*, *haraḍa*, *vibhītaka*, *āmalakī*, dried ginger, *marica*, *pippalī*, *vāyaviḍanga*, *mustā*, root of *tṛivṛit*, root of *dantī*,

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root of *citraka*, *muśaparṇī*, *pippalīmūla*, *bhasma* of *kṛiṣṇa abhraka*, *lauha bhasma*, *ghṛitam* and honey.

Process of Drug-Making: Take powders of the following in measurement of 12 gm. each: purified *pārada*, purified *gandhaka*, *haraḍa*, *vibhītaka*, *āmalakī*, dried ginger, *marica*, *pippalī*, *vāyaviḍanga*, *mustā*, root of *ṭrivṛit*, root of *dantī*, root of *citraka*, *muśaparṇī* and *pippalīmūla*. Also take *bhasma* of *kṛiṣṇa abhraka* (187 gm.) and *lauha bhasma* (187 gm.). First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Mortar all these materials together and obtain a fine powder. Triturate the compound along with *ghṛitam* and honey. Prepare pills in measurement of 6 gm. each and dry them. Preserve them in a glass bottle.

Method of use/Administration: Every morning take one pill and drink cow milk and coconut water as *anupāna*.

Therapeutic benefits: This medicine is known as *Bṛihadvidyādharābhra Yoga*. Consuming this medicine with proper *anupānas* can cure all types of *śūla*, *vātika śūla*, *paittika śūla*, *śūla* generated by single and double *doṣas*, *sannipātika śūla*, *pariṇāma śūla*, *āmavātajanya śūla*, *kṛiśatā*, *vivarṇatā*, laziness (*ālasya*), sleeping tendencies (*tandrā*), anorexia and all difficult cases of the above mentioned disorders.

(*Rasendra Sār Sangraha*)

त्रिफलालौहम् (र. सा. सं.)–

तीक्ष्णायश्चूर्णसंयुक्तं त्रिफलाचूर्णमुत्तमम् । क्षीरेण पाययेद्धीमान् सद्यःशूलनिवारणम् ।।१२८।।

128. Ṭriphalā Lauham:

Ingredients: Powder or *bhasma* of *tīkṣṇa* type of iron and powder of *ṭriphalā*.

Method of use/Administration: The powder or *bhasma* of *tīkṣṇa* type of iron and the powder of *ṭriphalā* should be taken along with honey and *ghṛitam*.

(Note: One can take the medicine in doses of 250-500 mg.)

Therapeutic benefits: It cures all types of colic pain.

(*Rasendra Sār Sangraha*)

शर्करालौहम् (र. सा. सं.)–

त्रिफलायास्तथा धात्र्याश्चूर्णंवा काललौहजम् । शर्कराचूर्णसंयुक्तं सर्वशूलेषु योजयेत् ।।१२९।।

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129. Śarkara Lauham:

Ingredients: *Haraḍa*, *vibhītaka*, *āmalakī*, *lauha bhasma* and sugar.

Process of Drug-Making: Take *haraḍa* (one part), *vibhītaka* (one part), *āmalakī* (two parts) and *lauha bhasma* (equivalent to the combined weight of all the three materials). Add to it sugar (equal to the combined weight of all the rest).

Note: Take *haraḍa* (one part), *vibhītaka* (one part), *āmalakī* (two parts), *lauha bhasma* (four parts) and raw sugar (*miśṛi*) or sugar (eight parts).

Method of use/Administration: Dosage – 500 mg. to 1 gm.

Therapeutic benefits: This would help in checking all types of *śūla*.

सप्तामृतलौहम्–

मधुकं त्रिफलाचूर्णमयोरजः समं लिहन् । मधुसर्पिर्युतं सम्यग् गव्यं क्षीरं पिबेदनु ।।१३०।।
छर्दिं सतिमिरं शूलमम्लपित्तं ज्वरं क्लमम् । आनाहं मूत्रसङ्गञ्च शोथञ्चैव निहन्ति सः ।।१३१।।

130-131. Saptāmṛita Lauham:

Ingredients: *Madhuka*, *triphalā* and *bhasma* of *lauha*.

Process of Drug-Making: Obtain 12 gm. each of *madhuka*, *triphalā* and *bhasma* of *lauha* and ground them together into a powder.

Method of use/Administration: This powder should be taken in doses of 1-2 gm. along with 6 gm. of honey and 12 gm. of *ghṛitam*. Intake of the medicine should be followed by the drinking of cow milk.

Therapeutic benefits: It cures vomiting, *timira* (cataract), colic pain, *āmla pitta*, fever, *klama* (mental fatigue), abdominal distension, dysuria and edema.

(Cakradatt)

शूलराजलौहम्–

कर्षैकं कान्तलौहस्य शुद्धमभ्रं पलं तथा । सितायाश्च पलं चैकं मधु सर्पिस्तथैव च ।।१३२।।
सर्वमेकीकृतं पात्रे लौहदण्डेन मर्दयेत् । त्रिकटु त्रिफला मुस्तं विडङ्गं चव्यचित्रकम् ।।१३३।।
प्रत्येकं तोलकं मानं चूर्णितं तत्र दापयेत् । भक्षयेत्प्रातरुत्थाय शिशिराम्ब्वनुपानतः ।।१३४।।
सर्वदोषभवं शूलं कुक्षिशूलञ्च यद्भवेत् । हच्छूलं पार्श्वशूलञ्च अम्लपित्तञ्च नाशयेत् ।।१३५।।
अर्शांसि ग्रहणीदोषं प्रमेहांश्च विसूचिकाम् । शूलराजमिदं लौहं हरेण परिनिर्मितम् ।।१३६।।

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132-136. Šūlarāja Lauham:

Ingredients: *Kāntalauha bhasma*, purified *abhraka bhasma*, powdered raw sugar (*miśṛi*), honey, *ghṛitam*, powders of dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *mustā*, *vāyaviḍanga*, *cavya* and root of *citraka*.

Process of Drug-Making: Obtain *kāntalauha bhasma* (12 gm.), purified *abhraka bhasma* (46 gm.), powdered raw sugar (*miśṛi*) (46 gm.), honey (50 gm.) and *ghṛitam* (50 gm.). Put all these materials together in an iron mortar and triturate the same for one hour. After mortaring, add to it powders of dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *mustā*, *vāyaviḍanga*, *cavya* and root of *citraka* (each measuring 12 gm.). Subsequently triturate it properly and fill in glassware.

Method of use/Administration: This medicine is known as *Śūlarājalauha*. Consume 500 mg. of this medicine during morning hours and drink cold water as the *anupāna*.

Therapeutic benefits: This medicine is capable of curing *śūla* generated by all *doṣas*, *śūla* of *kukṣipradeśa*, *hricchūla*, *pārśavaśūla*, *āmlapitta*, all types of *arśa* (piles), *grahaṇī* disorders, 20 types of *prameha* (i.e. urinary disorders including diabetes) and *viṣūcīkā*. This medicine has been prepared by Śṛī Śankar Bhagavān or by a knowledgeable person named Har.

(*Rasendra Sār Sangraha*)

वैश्वानरलौहम्–

द्विपलं तिन्तिडीक्षारं तथाऽपामार्गसम्भवम् । शम्बूकभस्मसंयुक्तं लवणञ्च समं तथा ।।१३७।।
चतुर्णांसमभागाःस्युस्तुल्यञ्चलौहचूर्णकम् । चूर्णसम्पिष्यखल्लादौ कारयेदेकतां भिषक् ।।१३८।।
शूलस्यागमवेलायां खादेन्माषद्वयं नरः । शूलमष्टविधं हन्ति साध्यासाध्यं न संशयः ।।१३९।।

137-139. Vaiśvānara Lauham:

Ingredients: *Kṣāra* of tamarind, *kṣāra* of *apāmārga*, *śambūka* (*kṣudra śankha* and *jāla śukti*) *bhasma*, rock salt and *lauha bhasma*.

Process of Drug-Making: Take *kṣāra* of tamarind (96 ml.), *kṣāra* of *apāmārga* (96 ml.), *śambūka* (*kṣudra śankha* and *jāla śukti*) *bhasma* (96 gm.), rock salt (96 gm.) and *lauha bhasma* (384 gm.). Mortar all these materials together and store the fine powder in a glassware.

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Method of use/Administration: This medicine is known as *Vaiśvānara Lauha*. This medicine should be given during the attack of *śūla* in doses of 2 gm. (modern dose 500 mg.) each.

Therapeutic benefits: This medicine is capable of curing eight types *śūla* having curable and seemingly incurable properties.

चतुःसमलौहम्–

अभ्रं गन्धं रसं लौहं प्रत्येकंसंस्कृतं पलम् । सर्वमेतत्समाहृत्य यत्नतः कुशलो भिषक् ।।१४०।।
आज्ये पलद्वादशके दुग्धे वत्सरसंख्यके । पक्त्वा क्षिपेत्तत्र चूर्णं सुपूतं घनवाससा ।।१४१।।
विडङ्गत्रिफलावह्नित्रिकटूनां तथैव च । पिष्ट्वा पलोन्मितानेतांस्तथा संमिश्रितान्नयेत् ।।१४२।।
तत्तुंपिष्टंशुभेभाण्डेस्थापयेत्तु विचक्षणः । आत्मनः शोभने चाह्नि पूजयित्वा रविं गुरुम् ।।१४३।।
घृतेन मधुनाऽऽमर्द्य भक्षयेन्माषकावधि । क्रमेण वर्द्धयेत्तच्च समाहितमनाः सदा ।।१४४।।
अनुपानं च दुग्धेन नारिकेलोदकेन वा । जीर्णान्ने हितशाल्यन्नं मुद्गमांसरसादिभिः ।।१४५।।
रसायनाविरुद्धानि चान्यान्यपि च कारयेत् । हृच्छूलं पार्श्वशूलञ्चाप्यामवातं कटिग्रहम् ।।१४६।।
गुल्मशूलंशिरःशूलंयकृत्प्लीहानमेवच । अग्निमान्द्यंक्षयंकुष्ठंकासं श्वासं विचर्च्चिकाम् ।।१४७।।
अश्मरीं मूत्रकृच्छ्रञ्च योगेनानेन साधयेत् ।।१४८।।

140-148. Catuhasama Lauham:

Ingredients: *Abhraka bhasma*, purified *gandhaka*, purified *pārada*, *lauha bhasma*, *ghṛitam*, milk, *vāyaviḍanga*, *triphalā*, root of *citraka* and *ṭrikaṭu*.

Process of Drug-Making: Take 46 gm. measure each of *abhraka bhasma*, purified *gandhaka*, purified *pārada*, and 138 gm. of *lauha bhasma*. First of all, prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix into it the above mentioned *abhraka* and *lauha bhasma*. Mortar them together and 550 gm. *ghṛitam* and 550 ml. of milk to it. Put the compound in a frying pan and cook it on a slow heat. When the preparation is cooked, add to it the *vāyaviḍanga*, *triphalā*, root of *citraka* and *ṭrikaṭu* in fine powdered form measuring 46 gm. each. Properly mix and stir the preparation. Pour the preparation in some clean earthenware or in glassware and preserve it.

Method of use/Administration: After worshiping Surya Bhagvan and Guru on a lucky moon day, the medicine should be consumed in doses of 500 mg. to 1 gm. along with *ghṛitam* and honey. The dosage should be slowly increased upto 1 gm. After consuming the medicine, one should drink cow milk and coconut water as *anupāna*. When the medicine is digested, one should take rice made of the red

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śāli variety of paddy along with water of the *mudga* (pulse) and meat soup. One should also eat other compatible edibles.

Therapeutic benefits: This medicine is known as *Catuhasamalauha*. If consumed with proper *anupānas*, it can cure *śūla* of heart, *pārśavaśūla*, *āmavāta*, stiffness in waist, *gulmajanyaśūla*, *śirahśūla* (headache), enlargement of *yakṛita*, enlargement of spleen (*plīhā*), *agnimāndya*, *kṣaya*, *kuṣṭha* (skin diseases including leprosy), coughs, asthma, *vicarcikā*, *aśmarī*, *mūtrakṛicchra* and the like.

(*Rasendra Sār Sangraha*)

धात्रीलौहम्–

धात्रीचूर्णस्याष्टौपलानि चत्वारि लौहचूर्णस्य । यष्टीमधुकरजश्च द्विपलं दद्यादुपलघृष्टम् ।।१४९।।
अमृताक्वाथेनैतच्चूर्णंभाव्यञ्चसप्ताहम् । चण्डातपेषुशुष्कंभूयःपिष्ट्वा नवे घटे स्थाप्यम् ।।१५०।।
घृतमधुना सह युक्तं भक्तादौ मध्यतोऽन्ते च । त्रीनपि वारान् खादेत् पथ्यं दोषानुबन्धेन ।।१५१।।
भुक्तस्यादौशमयतिरोगान्पित्तानिलोद्भूतान् । मध्येऽन्नेविष्टम्भंजयतिनृणांविदह्यते नान्नम् ।।१५२।।
पानान्नकृतान् दोषान्भुक्तान्तेशीलितंजयति। एवंजीर्यतिचान्ने शूलं नृणां सुकष्टमपि हन्ति ।।१५३।।
हरतिचसहसायुक्तोयोगश्चायंजरत्पित्तम् । चक्षुष्यःपलितघ्नः कफपित्तसमुद्भवाञ् जयति ।।१५४।।

149-154. Dhātrī Lauham:

Ingredients: Powder of *dhātrī*, *lauha bhasma*, *yaṣṭi madhu* powder and decoction of *amṛitā*.

Process of Drug-Making: Obtain powder of *dhātrī* (375 gm.), *lauha bhasma* (187 gm.) and *yaṣṭi madhu* powder (92 gm.). Strain them through a cloth and triturate their mix with decoction of *amṛitā* for seven days. Subsequently, dry the mix under hot sun and triturate it again. Store the compound in a new jar.

Method of use/ Administration and Therapeutic benefits: Consume this medicine in doses of 500 mg. to 1 gm. along with *ghṛitam* (12 gm.) and honey (6 gm.). It should be taken before, during and after meals. The patient should take diet which is wholesome for the aggravated *doṣas*. If taken before meals, the medicine relieves diseases caused by *pitta* and *vāta*. If taken in the middle of the meal, the medicine controls *viṣṭambha* and burning sensation. If taken after meals, it checks the symptoms produced by the intake of uncomptiable items and drinks. This recipe, thus cures serious type of *pariṇāma śūla* and *jārita pitta* (over metabolic transformation of *pitta*; it is also used as a synonym of *pariṇāma śūla*). This promotes eyesight, corrects graying of hair and cures diseases caused by

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kapha as well as *pitta*. It promotes pure blood formation and cures anemia as well as jaundice.

(Cakradatt)

धात्रीलौहं द्वितीयम्–

षट्पलं शुद्धमण्डूरं यवस्य कुडवं तथा । पाकाय नीरप्रस्थार्द्धं दद्यात्पादावशेषितम् ।।१५५।।
शतमूलीरसस्याष्टावामलक्या रसस्तथा । तथा दधि पयो भूमिकूष्माण्डस्य चतुष्पलम् ।।१५६।।
चतुष्पलं सर्पिरिक्षुरसं दद्याद्विचक्षणः । प्रक्षिपेद् जीरधन्याकं त्रिजातं करिपिप्पली ।।१५७।।
मुस्तं हरीतकी चैव लौहमभ्रं कटुत्रिकम् । रेणुकं त्रिफला चैव तालीशं नागकेशरम् ।।१५८।।
एतेषां कार्षिकैर्भागैश्चूर्णचित्वा विनिक्षिपेत् । भोजनाद्यवसाने च मध्ये चैव समाहितः ।।१५९।।
तोलैकं भक्षयेच्चानु पेयं नित्यं पयस्तथा । शूलमष्टविधं हन्ति साध्यासाध्यमथापि वा ।।१६०।।
वातिकं पैत्तिकञ्चापि श्लैष्मिकं सान्निपातिकम् । परिणामभवं शूलमन्नद्रवभवं तथा ।।१६१।।
द्वन्द्वजानपि शूलांश्च अम्लपित्तं सुदारुणम् । सर्वशूलहरं श्रेष्ठं धात्रीलौहमिदं शुभम् ।।१६२।।

155-162. Dhātrī Lauham (Second Recipe):

Ingredients: *Manḍūra bhasma*, barley (*yava*), *śatāvarī* and *āmalakī*, curd, milk, juice of *kuṣmāṇḍa*, *ghṛitam*, sugarcane, cumin seeds, coriander seeds, *tṛijāta* (cinnamon, cardamom & cassia leaves), *gajapippalī*, *mustā*, *haraḍa*, *lauha bhasma*, *abhraka bhasma*, dried ginger, black pepper, *pippalī*, *hareṇukā*, *haraḍa*, *vibhītaka*, *āmalakī*, *tāliśapatra* and *nāgakeśara*.

Process of Drug-Making: Take *manḍūra bhasma* (280 gm.) and barley (*yava*) (187 gm.). Prepare decoction of these materials in water measuring 375 ml. Decoct the same until the original quantity is reduced to one quarter (i.e. 95 ml.). Sieve the one fourth of the decoction and collect in a frying pan. Also collect separate juices and decoctions of *śatāvarī* and *āmalakī* measuring 375 ml. each, 187 ml. each of curd, milk, juice of *kuṣmāṇḍa*, *ghṛitam* and juice of sugarcane. After collecting all these material in a frying pan, cook the preparation on a slow heat. When the preparation is cooked, add to it cumin seeds, coriander seeds, *tṛijāta* (cinnamon, cardamom & cassia leaves), *gajapippalī*, *mustā*, *haraḍa*, *lauha bhasma*, *abhraka bhasma*, dried ginger, black pepper, *pippalī*, *hareṇukā*, *haraḍa*, *vibhītaka*, *āmalakī*, *tāliśapatra* and *nāgakeśara* (12 gm. each in powdered form). Thoroughly stir the preparation. When the preparation is cooled, store it in glass bottles.

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Method of use/Administration: This medicine is known as *Dhātrīlauha*. It should be consumed in doses of 1-5 gm. during the start, middle and end of taking meals. Milk should be drunk as *anupāna*.

Therapeutic benefits: This medicine is capable of alleviating eight types of curable and incurable *śūla*, *Vaṭikā*, *paittika*, *śleṣmika*, *sannipātika śūla*, *pariṇāma śūla*, *annadrava śūla*, *dvandaja śūla*, serious *āmlapitta* and the like.

(Cakradatt)

लौहामृतम् (च. द.)–

तनूनि लौहपत्राणि तिलोत्सेधसमानि च । कशिकामूलकल्केन संलिप्य सर्षपेण वा ।।१६३।।
विशोष्य सूर्यकिरणैः पुनरेवावलेपयेत् । त्रिफलाया जले ध्मातं वापयेच्च पुनः पुनः ।।१६४।।
ततः सञ्चूर्णितं कृत्वा कर्पटेन तु छानयेत् । भक्षयेन्मधुसर्पिभ्यां यथाऽग्न्येतत्प्रयोजयेत् ।।१६५।।
माषकं त्रिगुणं वाऽथ चतुर्गुणमथापि वा । छागस्य पयसः कुर्यादनुपानमभावतः ।।१६६।।
गवां घृतेन दुग्धेन चतुःषष्टिगुणेन च । पक्तिशूलं निहन्त्येतन्मासेनैकेन निश्चितम् ।।१६७।।
लौहामृतमिदं श्रेष्ठं ब्रह्मणा निर्मितं पुरा । ककारपूर्वकं यच्च यच्चाम्लं परिकीर्त्तितम् ।
सेव्यं तत्र भवेदत्र मांसं चानूपसम्भवम् ।।१६८।।

163-168. Lauhāmṛitam:

Ingredients: Thin iron foils, root of *kaśika* or mustard seed and decoction of *triphalā*.

Process of Drug-Making: Take thin iron foils and make it similar to the thickness of sesame seeds. Smear these iron sheets with the *kalka* of either the root of *kaśika* or mustard seed and dry them under sun. Repeat this process. With the help of a blower, make these sheets red hot and immerse them in the decoction of *triphalā* repeatedly(for 15 or 20 terms). Thus obtain a very fine powder of the *bhasma*.

Method of use/Administration: Depending upon the power of digestion, 1 gm. to 3 gm. or 4 gm. of this powder should be taken with honey (12 gm.) and *ghṛitam* (6 gm.). Goat milk should be taken thereafter. In case of its non-availability, the patient should be given sixty four times of cow's *ghṛitam* or cow's milk as the *anupāna*.

Therapeutic benefits: If taken for one month, the medicine undoubtedly cures *pariṇāma śūla*. This excellent recipe called *Lauhāmṛita* was propounded in the days of yore by God Brahmā. Intake of the items starting their names with the Sanskṛit alphabet '*ka*', sour things and meat of aquatic animals should be avoided.

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लौहगुडिका (च. द.)–

लौहस्य रजसो भागस्त्रिफलायास्त्रयस्तथा । गुडस्याष्टौ तथा भागा गुडान्मूत्रं चतुर्गुणम् ।।१६९।।
एतत्सर्वञ्च विपचेद् गुडपाकविधानवित् । लिहेच्च तद्यथाशक्ति क्षये शूले च पाकजे ।।१७०।।

169-170. Lauha Guḍikā:

Ingredients: *Lauha bhasma*, *triphalā* herbs, jaggery and cow's urine.

Process of Drug-Making: Obtain 12 gm. each of *lauha bhasma*, *triphalā* herbs and jaggery (96 gm.) along with cow's urine (32 *toals*). Combine all these materials and cook them as per the line prescribed for *guḍa pāka*.

Method of use/Administration: This medicine (confection) should be taken if there is diminution of strength.

Therapeutic benefits: It cures *pakti śūla*.

(Cakradatt)

क्षीरमण्डूरम्–

लौहकिट्टपलान्यष्टौ गोमूत्रार्द्धाढके पचेत् । क्षीरप्रस्थेन तत्सिद्धं पक्तिशूलहरं परम् ।।१७१।।

171. Kṣīra Manḍūram:

375 gm. of *manḍūra* should be boiled with 1500 ml. of cow's urine and 750 ml. of milk. This recipe cures *pakti śūla*.

Dosage: 3-5 gm. along with honey.

(Cakradatt)

रसमण्डूरम्–

कुडवंपथ्याचूर्णंद्विपलंगन्धाश्मलौहकिटटञ्च । शुद्धरसस्यार्द्धपलंभृङ्गस्यरसंसकेशराजस्य।।१७२।।
प्रस्थोन्मितञ्च दत्त्वा पात्रे लौहेऽथ दण्डसंघृष्टम् । शुष्कं घृतमधुयुक्तं मृदितं स्थाप्यञ्च भाजने स्निग्धे ।।१७३।।
उपयुक्तमेतदचिरान्निहन्तिकफपित्तजान्रोगान् । शूलंतथाऽम्लपित्तंग्रहणीञ्चकामलामुग्राम् ।।१७४।।

172-174. Rasa Manḍūram:

Ingredients: Powder of *pathyā*, *gandhaka*, *manḍūra*, purified *pārada*, juices of *bhṛingarāja*, *keśarāja*, honey and *ghṛitam*.

Process of Drug-Making: Get the ingredients in the following measures: powder of *pathyā* (187 gm.), *gandhaka* (93 gm.), *manḍūra* (93 gm.) and purified *pārada* (23 gm.). Keep them in an iron vessel and add to it 750 ml. each of juices of *bhṛingarāja* and *keśarāja*. Triturate the mix with the help of a rod until the

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ingredients become dry. Thereafter, add honey and *ghṛitam* (in unequal parts) to the preparation and store it in a *ghṛitam* smeared container.

Dosage: 375-750 mg. along with cow milk.

Therapeutic benefits: Intake of this cures diseases caused by *kapha* and *pitta*, colic pain, *āmla pitta* (hyper-acidity), *grahaṇī* (sprue syndrome) and serious type of jaundice.

(Cakradatt)

कोलादिमण्डूरम्–

कोलाग्रन्थिकशृङ्गबेरचपलाक्षारैःसमं चूर्णितं–मण्डूरं सुरभीजलेऽष्टगुणिते पक्त्वाऽथ सान्द्रीकृतम् ।
तत्खादेदशनादिमध्यविरतौप्रायेणदुग्धान्नभुग्जेतुंवातकफामयान्परिणतौशूलञ्चशूलानिच ।।१७५।।

175. Kolādi Manḍūram:

Ingredients: *Manḍūra* powder, cow urine, powders of *kola*, *granthika*, *śṛīngavera*, *capala* and *kṣāra*.

Process of Drug-Making: Take 12 gm. measure *manḍūra* powder and boil it in cow urine measuring eight times greater along with the powders of *kola*, *granthika*, *śṛīngavera*, *capala* and *kṣāra* (each equal to that of *manḍūra* i.e. 12 gm.). Boil the preparation until it becomes semi solid.

Method of use/Administration: This should be taken in doses of 375-750 mg. along with honey. This medicine should be taken before, during and after meals and the patient should take only milk and rice as food.

Therapeutic benefits: It cures diseases caused by *vāta* and *kapha*, *pariṇāma* and all other types of colic pain.

चतुःसममण्डूरम्–

सद्यो लौहमलाज्यमाक्षिकसिताभागाः समा मानतः–पात्रे ताम्रमये दिनान्तमथितं संस्थापयेदातपे ।
पश्चात्तद्धनतांप्रणीयरजनीमेकांबहिःस्थापयेत्पात्रे ताम्रमये निधेयमथवा पात्रे हविर्भाविते ।।१७६।।
पश्चान्माषचतुष्टयं प्रतिदिनं जग्ध्वा जलं शीतलं–पेयं भोजनपूर्वमध्यविरतौ स्वच्छन्दभोज्यैर्नरैः ।
जेतुंशूलहुताशमान्द्यकसनश्वासाम्लपित्तज्वरोन्मादापस्मृतिमेहसर्वजठराजीर्णादिसर्वा रुजः ।।१७७।।

176-177. Catuhasama Manḍūram:

Ingredients: *Manḍūra bhasma*, cow *ghṛitam*, honey and raw sugar (*miśṛi*).

Process of Drug-Making: Take 1 kg. of *manḍūra bhasma*, cow *ghṛitam*, honey and raw sugar (*miśṛi*). Collect them in a copper mortar and pulverize the

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mix with an iron baton for one whole day. On the second day, keep the compound under sun. In order to make a lump out of it, keep the recipe in an open space for one night. On the next day, preserve it in either copper ware or earthen jar coated with *ghṛitam*.

Method of use/Administration: Consume this medicine later on in doses of 4 gm. (modern dose 1 gm.) during start, middle and end of the meals. Drink cold water after consuming the medicine. While consuming this medicine, there are no strict regu;ation regarding meals.

Therapeutic benefits: This medicine is known as *Catusamamanḍūra* and is one the best medicine for treating *śūla*, *agnimāndya*, coughs, *śvāsa*, *āmlapitta*, fever, *unmāda*, *apasmāra*, *prameha* (i.e. urinary disorders including diabetes), all types of problems related to gastro intestinal tract, *ajīrna* and the like.

भीमवटकमण्डूरम्–

कोलाग्रन्थिकसहितंविश्वौषधमागधीयवक्षारैः।प्रस्थमयोमलरजसःपलिकांशैश्चूर्णितैर्मिश्रैः।।१७८।।
अष्टगुणमूत्रयुक्तंक्रमपाकात्पिण्डतांनयेत्सर्वम् । कोलप्रमाणवटिकास्तिस्त्रोभोज्यादिमध्यविरतौच ।।१७९।।
रससर्पिर्यूषपयोमांसैरश्नन्नरो निवारयति । अन्नविवर्त्तनशूलं प्लीहागुल्माग्निसादांश्च ।।१८०।।

178-180. Bhīmavaṭaka Manḍūram:

Ingredients: *Manḍūra*, cow's urine, powders of *kola*, *granthika*, *viśvauṣadha*, *māgadhī* and *yavakṣāra*.

Process of Drug-Making: Take 750 gm. of *manḍūra* and boil it in eight times greater measure of cow's urine (i.e. 8 litres) by adding 50 gm. each of the powders of *kola*, *granthika*, *viśvauṣadha*, *māgadhī* and *yavakṣāra*. It should be first of all boiled over a mildheat, then over a moderate heat and at the end over a strong heat till the ingredients become semi solid. Prepare pills similar to the size of *kola* fruit out of the recipe.

Method of use/Administration: One such pill should be taken in the beginning, one in the middle and one at the end of the meals. The patient should eat meat soup, *ghṛitam* and vegetable soup.

Therapeutic benefits: This recipe cures *annavivartana* (*annadrāva*) type of colic pain, *gulma* (phantom tumour), spleen related disorders and suppressed power of digestion.

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तारामण्डूरगुडः–

विडङ्गं चित्रकं चव्यं त्रिफलात्र्यूषणानि च । नव भागानि चैतानि लौहकिट्टसमानि च ।।१८१।।
गोमूत्रं द्विगुणं दत्त्वा मूत्रार्द्धकगुडान्वितम् । शनैर्मृद्वग्निना पक्त्वा सुसिद्धं पिण्डमागतम् ।।१८२।।
स्निग्धेभाण्डेविनिक्षिप्यभक्षयेत्कोलमात्रया । प्राङ्भध्यान्तक्रमेणैव भोजनस्य प्रयोजितम् ।।१८३।।
योगोऽयंशमयत्याशुपक्तिशूलं सुदारुणम् । कामलां पाण्डुरोगञ्च शोथं मन्दाग्नितामपि ।।१८४।।
अर्शांसि ग्रहणीरोगं क्रिमिगुल्मोदराणि च । नाशयेदम्लपित्तञ्च स्थौल्यञ्चापि नियच्छति ।।१८५।।
वर्जयेच्छुष्कशाकानि विदाह्यम्लकटूनि च । पक्तिशूलान्तको ह्येष गुडो मण्डूरसंज्ञितः ।।१८६।।
शूलार्त्तानां कृपाहेतोस्तारया परिकीर्त्तितः ।।१८७।।

181-187. Tārā Manḍūra Guḍa:

Ingredients: *Viḍanga*, root of *citraka*, *cavya*, *triphalā* herbs, dried ginger, *marica*, *pippalī*, *manḍūra bhasma*, cow's urine and jaggery.

Process of Drug-Making: Get 12 gm. each of *viḍanga*, root of *citraka*, *cavya*, *triphalā* herbs, dried ginger, *marica*, *pippalī* along with 108 gm. of *manḍūra bhasma*, 216 ml. of cow's urine and 108 gm. of jaggery. Combine all these materials and boil them until the ingredients become semi-solid. Keep this preparation in a vessel smeared with *ghṛitam*.

Method of use/Administration: The recipe should be given in doses of 1 *kola* before, during and after the meals. The patient should avoid dried vegetables, heavy, hot and pungent things.

Therapeutic benefits: This cures serious type of *pakti śūla*, *kāmalā* (jaundice), anemia, edema, suppressed power of digestion, piles, *grahaṇī* (sprue syndrome), parasitic infestation, *gulma* (phantom tumour), *udara* (abdominal diseases including ascites), *āmla pitta* (hyperacidity) and obesity.

This is specifically an effective cure for *pakti śūla*. For the benefit of patients suffering from colic pain, the goddess Tārā has propounded this recipe.

(Cakradatt)

शतावरीमण्डूरम्–

संशोध्य चूर्णितं कृत्वा मण्डूरस्य पलाष्टकम् । शतावरीरसस्याष्टौ दध्नश्च पयसस्तथा ।।१८८।।
पलान्यादाय चत्वारि तथा गव्यस्य सर्पिषः । विपचेत् सर्वमेकत्र यावत्पिण्डत्वमागतम् ।।१८९।।
सिद्धन्तु भक्षयेन्मध्ये भोजनस्याग्रतोऽपि वा । वातात्मकं पित्तभवं शूलञ्च परिणामजम् ।।
निहन्त्येव हि योगोऽयं मण्डूरस्य न संशयः ।।१९०।।

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188-190 Śatāvarī Manḍūram:

Ingredients: Purified *manḍūra bhasma*, juice of *śatāvarī*, curd, milk and cow's *ghṛitam*.

Process of Drug-Making: Get 375 gm. of purified *manḍūra bhasma* and add to it juice of *śatāvarī* (375 gm.), curd (375 ml.), milk (375 ml.) and cow's *ghṛitam* (187 gm.). Cook their combination till the recipe becomes semi-solid.

Method of use/Administration: This preparation should be taken before or during the meals.

Therapeutic benefits: It undoubtedly cures *vātika* and *paittika* types of colic pain and *pariṇāmaja* type of the colic pain.

(Cakradatt)

शतावरीमण्डूरम् बृहत्–

मण्डूरस्यातितप्तस्य वराक्वाथप्लुतस्य च । चूर्णीकृत्य पलान्यष्टौ शतावर्या रसस्य च ।।१९१।।
दध्नश्च पयसश्चाष्टावामलक्या रसस्य च । चतुष्पलं घृतस्यापि शाणमात्रं विनिक्षिपेत् ।।१९२।।
सिद्धे प्रत्येकमेतेषामजाजीधान्यमुस्तकम् । त्रिजातककणापथ्या उपयुक्तं निहन्ति च ।।१९३।।
शूलं दोषत्रयोद्भूतमम्लपित्तञ्च दारुणम् । अरुचिञ्च वमिञ्चैव कासश्वासञ्च नाशयेत् ।।१९४।।

191-194. Śatāvarī Manḍūram (Major Variety):

Ingredients: *Manḍūra bhasma*, decoction of *triphalā*, juice of *śatāvarī*, curd, milk, juice of *āmalakī*, cow *ghṛitam*, powders of cumin seeds, coriander seeds, *mustā*, cinnamon barks, cardamom, cassia leaves, *pippalī* and *haraḍa*.

Process of Drug-Making: Take *manḍūra* and heat it properly. Lit it off by dipping the same in decoction of *triphalā*. Repeat this process for seven times. Process the metal through *puṭa* method and obtain the *manḍūra bhasma*. Take 375 gm. of this *manḍūra bhasma* along with juice of *śatāvarī* (375 ml.), curd, milk, juice of *āmalakī* (375 ml. each) and cow *ghṛitam* (187 gm.). Collect all these materials in a frying pan and cook it. Cook the same till it gets the shape of a lump. Add to it the powders of cumin seeds, coriander seeds, *mustā*, cinnamon barks, cardamom, cassia leaves, *pippalī* and *haraḍa* (3 gm. each). After mixing these materials properly stir the preparation and collect it in an earthenware. This medicine is also known as *Bṛihacchtāvarīmanḍūra*.

Therapeutic benefits: This medicine checks *śūla* generated by *tridoṣas*, severe *āmlapitta*, anorexia, *vamana*, coughs, asthma and the like.

(*Ras Ratnākar*)

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शतावरीमण्डूरम् बृहद् (द्वितीयम्)–

शतावरीरसप्रस्थे प्रस्थे च सुरभीजले । अजायाः पयसः प्रस्थे प्रस्थे धात्रीरसस्य च ।।१९५।।
लौहकिट्टपलान्यष्टौ शर्करायाश्च षोडश । दत्त्वाऽऽज्यकुडवं तत्र शनैर्मृद्वग्निना पचयेत् ।।१९६।।
सिद्धे शीते घनीभूते द्रव्याणीमानि दापयेत् । विडङ्गत्रिफलाव्योषं यमानी गजपिप्पली ।।१९७।।
द्विजीरकं घनं लौहमभ्रं कर्षद्वयं पृथक् । खादेदग्निबलापेक्षी भोजनादौ विचक्षणः ।।१९८।।
शूलं सर्वभवं हन्ति पित्तशूलं विशेषतः । हच्छूलं पार्श्वशूलञ्च कुक्षिबस्तिगुदे रुजम् ।।१९९।।
कासं श्वासं तथा शोथं ग्रहणीदोषमेव च । यकृत्प्लीहोदरानाहराजयक्ष्मविनाशकम् ।।२००।।
विष्टम्भमामं दौर्बल्यमग्निमान्द्यञ्च यद्भवेत् । एतान्रोगान्निहन्त्याशु भास्करस्तिमिरं यथा ।।२०१।।

195-201. Śatāvarī Manḍūram (Second Major Recipe):

Ingredients: Juice of *śatāvarī*, goat milk, juice of *āmalakī*, *manḍūrabhasma*, raw sugar (*miśṛi*), *ghṛitam*, *vāyaviḍanga*, *ṭriphalā* (separately), *vyoṣa* (dried ginger, *marica*, *pippalī*-separately), caraway seeds, *gajapippalī*, white and black varieties of cumin seeds, *mustā*, *lauha bhasma* and *abhraka bhasma*.

Process of Drug-Making: Obtain 750 ml. each of juice of *śatāvarī*, goat milk, juice of *āmalakī*, *manḍūrabhasma* (375 gm.), raw sugar (*miśṛi*) (750 gm.), *ghṛitam* (187 gm.). Collect all these materials in a frying pan and cook the preparation methodologically on a slow heat. When the preparation becomes cool and thick, add to it, 12 gm. each of the following in powder form: *vāyaviḍanga*, *ṭriphalā* herbs (separately), *vyoṣa* (dried ginger, *marica*, *pippalī*- separately), caraway seeds, *gajapippalī*, white and black varieties of cumin seeds, *mustā*, *lauha bhasma* and *abhraka bhasma*. Properly pulverize the preparation with a large spoon and prepare pills measuring 3-6 gm. each. Dry the pills and preserve them in glass bottles.

Method of use/Administration: This medicine is known as *Bṛihacchatāvarī Manḍūra* (Second Variety). After diagnosing digestive power of the patient, a proper dosage of this medicine should be given before meals.

Therapeutic benefits: This medicine if taken with proper *anupānas* can cure all types of *śūla*, specially *paittika śūla*, *hracchūla*, *pārśava śūla*, *kukṣi śūla*, *basti śūla*, *gudaprāṇtiya śūla*, *kāsa* (coughs), asthma, *śotha*, *grahaṇī* disorders, enlargement of *yakṛita* and *plīhā*, problems related to gastro intestinal tract, *ānāha*, *rajayakṣamā*, *viṣṭambha* (difficulty in delivering stool), *āmadoṣa*, weakness and loss of digestive power (*agnimāndya*). The medicine is as effective in curing diseases as the sun is effective in clearing darkness.

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गुडमण्डूरम् (भा.प्र.)–

गुडामलकपथ्यानां चूर्णं प्रत्येकशः पलम् । त्रिपलं लौहकिट्टस्य तत्सर्वं मधुसर्पिषा ।।२०२।।
समालोड्य समश्नीयाच्चतुर्गुञ्जाप्रमाणतः । आदिमध्यावसानेषु भोजनस्य निहन्ति तत् ।।२०३।।
अन्नद्रवं जरत्पित्तमस्रपित्तं सुदारुणम् । परिणामसमुत्थञ्च शूलं संवत्सरोत्थितम् ।।२०४।।

202-204. Guḍa Manḍūram:

Ingredients: Powders of jaggery, *āmalakī*, *śunṭhī*, *manḍūra*, honey and *ghṛitam*.

Process of Drug-Making: Take 46 gm. each of the powders of jaggery, *āmalakī* and *śunṭhī* and 140 gm. of *manḍūra*. Mix all of them together and add honey (46 gm.) and *ghṛitam* (46 gm.) to the mix.

Method of use/Administration: The recipe should be taken in doses of 2-3 gm. in the beginning, during and after meals.

Therapeutic benefits: It cures *annadrava* type of *śūla*, *jarat pitta* (*pariṇāma śūla*) and *āmla pitta*. It even cures such cases of the *pariṇāma śūla* which is one year old.

(*Bhāvaprakāśa*)

हरीतकीखण्डः–

चतुष्पलं हरीतक्यास्त्रिवृतायाश्चतुष्पलम् । चतुर्जातं समुस्तञ्च तालीशं जीरकं तथा ।।२०५।।
जातीकोषं लवङ्गञ्च लौहमभ्रञ्च टङ्गणम् । प्रत्येकं कर्षमानेन श्लक्ष्णंचूर्णानि कारयेत् ।।२०६।।
प्रस्थेन गव्यदुग्धस्य पचेन्मृद्वग्निना भिषक् । शर्कराया दशपलं पाकसिद्धिविधानवित् ।।२०७।।
दर्वीप्रलेपावस्थायां क्षिपेच्चूर्णं विचक्षणः । पूजयेद् भास्करं शम्भुं द्विजातीनभिवादयेत् ।।२०८।।
शूलमष्टविधं हन्ति अम्लपित्तं सुदुर्जयम् । अन्नद्रवमयं शूलं कासं श्वासं तथा वमिम् ।।२०९।।
कान्तिपुष्टिकरो हृद्यो बलमेधाऽग्निवर्द्धनः । ख्यातो हरीतकीखण्डः सर्वशूलनिकृन्तनः ।।२१०।।

205-210. Harītakī Khanḍa:

Ingredients: Powdered roots of *haraḍa*, *ṭrivṛit*, cinnamon bark, smaller cardamom, cassia leaves, *nāga keśara*, *mustā*, *tāliśapatra*, cumin seeds, *jātīkoṣa*, clove, *lauha bhasma*, *abhraka bhasma*, purified borax, milk and jaggery.

Process of Drug-Making: Obtain powdered roots of *haraḍa* and *ṭrivṛit* (187 gm. each) and 12 gm. each of the following in powdered form: cinnamon bark, smaller cardamom, cassia leaves, *nāga keśara*, *mustā*, *tāliśapatra*, cumin seeds, *jātīkoṣa*, clove, *lauha bhasma*, *abhraka bhasma* and purified borax. Also take milk (750 ml.) and jaggery (500 ml.). First of all put jaggery and milk in a frying pan and cook it on a slow heat. Stir the preparation with a large spoon and when the

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upper layer of the preparation gets thick, add the rest of the abovementioned materials into it. Properly stir the preparation and when it is cooled, fill it in earthenware.

Method of use/Administration: Only after worshipping the Gods Surya and Śankar and paying reverence to brahamanas, one should consume this medicine.

Therapeutic benefits: This medicine is known as *Harītakī Khaṇḍ*. It is capable of curing eight types of *śūla*, severe *āmlapitta*, *annadrava śūla*, *kāsa* (coughs), asthma, *vamana* (vomiting) and the like. It also promotes complexion of body, digestive power and *dhāraṇa śakti* (holding capacity). *Harītakī Khaṇḍ* is known for curing all types of *śūla*.

हरीतकीखण्डे द्वितीयः–

त्रिफलाऽब्दं चतुर्जातं यमानी कटुकत्रयम् । धान्यं मधूरिका चैव शतपुष्पा लवङ्गकम् ।।२११।।
प्रत्येकं कार्षिकं ग्राह्यं त्रिवृता स्वर्णपत्रिका । पलद्वन्द्वप्रमाणेन सर्वतुल्या हरीतकी ।।२१२।।
यावन्त्येतानि चूर्णानि सितातद्द्विगुणा मता । दत्त्वैतानि विधानेन क्षीरेणोष्णेन सम्मिश्रेत् ।।२१३।।
हन्त्यम्लपित्तं शूलञ्च षडर्शांस्यनिलामयम् । कोष्ठवातं कटीशूलमानाहमपि दारुणम् ।।२१४।।

211-214. Harītakī Khaṇḍa (Second Recipe):

Ingredients: Powders of *haraḍa*, *vibhītaka*, *āmalakī*, *mustā*, cinnamon bark, smaller cardamom, cassia leaves, *nāga keśara*, caraway seeds, dried ginger, black pepper, *pippalī*, coriander seeds, *madhūrikā*, aniseeds, clove, root of *ṭrivṛit*, *sanaya* (*svarṇa patṛī*), *haraḍa* and jaggery.

Process of Drug-Making: Take powders of the following in measurement of 12 gm. each: *haraḍa*, *vibhītaka*, *āmalakī*, *mustā*, cinnamon bark, smaller cardamom, cassia leaves, *nāga keśara*, caraway seeds, dried ginger, black pepper, *pippalī*, coriander seeds, *madhūrikā*, aniseeds and clove. Also take root of *ṭrivṛit* (93 gm.), *sanāya* (*svarṇa patṛikā*) (93 gm.), *haraḍa* (380 gm.) and jaggery equivalent to the double of the combined quantity of all the above mentioned materials (i.e. 2280 gm.). Dissolve jaggery in water and prepare syrup out of it. Add rest of the above mentioned powders into it. When the same gets cooled, fill it in an earthen jar. This medicine is known as *Harītakī Khaṇḍ*.

Method of use/Administration: This medicine should be consumed in doses of 5-10 gm. along with warm milk.

Therapeutic benefits: It is capable of curing *āmlapitta*, *śūla*, six types of piles (*arśa*), *vātavikāra*, *koṣṭha-kupita vāta*, *kaṭiśūla* and *dāruṇa ānāha*.

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पूगखण्डः–

छित्त्वा पूगफलं दृढं परिणतं पक्त्वाचदुग्धाम्बुभिः–प्रक्षाल्यातपशोषितं वसुपलं ग्राह्यं ततश्चूर्णितात् ।
तत्सर्पिःकुडवेविपाच्यहिवरीधात्रीरसाह्यञ्जलीद्वेप्रस्थेपयसःप्रदायविपचेन्मन्दंतुलार्द्धांसिताम् ।।२१५।।
हेमाम्भोधरचन्दनं त्रिकटुकं धात्रीप्रियालास्थिजौ–मज्जानौ त्रिसुगन्धि जीरकयुगं शृङ्गाटकं वंशजा ।
जातीकोषफलेलवङ्गमपरंधान्याककक्कोलकम्–
नाकूलीतगराम्बुवारणशिफाभृङ्गाश्वगन्धे तथा ।।२१६।।
सर्वं ह्यक्षमितं विचूर्ण्य विधिना पाके तु मन्दे ततः
–प्रक्षिप्याथ विघट्टयन् मुहुरिदं दर्व्याऽवतार्य क्षणात् ।
सिद्धं वीक्ष्य विधारयेदवहितः स्निग्धेऽथ मृद्भाजने
–खादेत्प्रातरिदं जरामयहरं वृष्यं बुधः कार्षिकम् ।।२१७।।
शूलाजीर्णगुदप्रवाहरुधिरं दुष्टाम्लपित्तं जयेद्
–यक्ष्मक्षीणहितं महाग्निजननं तृट्छर्दिमूर्च्छाऽपहम् ।
पाण्डुघ्नंबलवर्णदृष्टिकरणंगर्भप्रदं योषिता–
मेतत् पूगरसायनं प्रदरनुद् विण्मूत्रसङ्गापहम् ।।२१८।।

215-218. Pūgakhaṇḍa:

Ingredients: Fully ripe betel nut, milk, water, *ghṛitam*, juice of *śatāvarī*, juice or decoction of *āmalakī*, milk, jaggery, *nāga keśara*, *mustā*, white sandalwood, dried ginger, black pepper, *pippalī*, *āmalakī*, *priyālāsthi* (in other version of the work, *kaṭukī* and *lājavantī*), cinnamon bark, smaller cardamom, cassia leaves, white and black cumin seeds, *śṛīngāṭaka*, *vanśalocana*, *jātīkoṣa*, *jātīphala*, clove, coriander seeds, *kakkola*, *nakulī* (*rāsnā*), *tagara*, *netrabālā*, *uśīra*, *bhṛingarāja* and *aśvagandhā*.

Process of Drug-Making: Take fully ripe betel nuts. Peel off the fruit s and cut them into small pieces. Wrap them in a piece of cloth and make a pack. Swoon this pack with half milk and half water through *Dolāyañtra* method for three hours. Wash the pieces with warm water and dry them under sun. Mortar the nuts into a fine powder. Obtain 375 gm. quantity of such powder and fry it in *ghṛitam* (measuring 187 gm.). Add to it, juice of *śatāvarī*, juice or decoction of *āmalakī* (187 ml. each), milk (1500 ml.) and jaggery (2500 gm.) and cook the preparation on a slow heat. When the preparation is cooked addto it powders of the following measuring 12 gm. each: *nāga keśara*, *mustā*, white sandalwood, dried ginger, black pepper, *pippalī*, *āmalakī*, *priyālāsthi*, cinnamon bark, smaller cardamom, cassia leaves, white and black cumin seeds, *śṛīngāṭaka*, *vanśalocana*, *jātīkoṣa*, *jātīphala*, clove, coriander seeds, *kakkola*, *nakulī* (*rāsnā*), *tagara*, *netrabālā*, *uśīra*,

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bhṛingarāja and *aśvagandhā*. Stir the preparation properly with a large spoon and let it cool down. Fill this compound in earthenware coated with *ghṛitam*.

Method of use/Administration: Consume this medicine in doses of 12 gm. daily during the morning hours.

Therapeutic benefits: If this medicine is consumed with different *anupānas*, it can check *akālvārdhakya* (pre-mature aging), *śūla*, *ajīrna*, bleeding from *guḍa*, bad (*duṣṭa*) *āmlapitta* and the like. It also alleviates morbid thirst, vomiting, fainting and *pāṇḍu* disorders. It is very beneficial for patients who have become lean due to tuberculosis. It is a great appetizer and increases strength, complexion, eyesight and sex power. This medicine is known as *Pūgakhaṇḍa* and specially helps in checking females suffering through *pradara roga* and difficulty in the flow of stool and urine.

पूगखण्डोऽपरः (तन्त्रान्तरोक्तः)–

प्रस्थैकं पूगचूर्णस्य पयसश्चाढकं क्षिपेत् । शर्कराया: पलशतं घृतस्य कुडवद्वयम् ।।२१९।।
चातुर्जातं त्रिकटुकं देवपुष्पं सचन्दनम् । मांसी तालीशपत्रञ्च बीजं कमलसम्भवम् ।।२२०।।
नीलोत्पलं तथा वांशी शृङ्गाटं जीरकं तथा । विदारीकन्दजञ्चैव रजो गोक्षुरसम्भवम् ।।२२१।।
शतमूलीरजश्चैव मालतीकुसुमं तथा । धात्रीचूर्णं समं कर्षं कर्पूरं शुक्तिमानतः ।।२२२।।
मन्देऽग्नौविपचेद्वैद्यःस्निग्धेभाण्डेनिधापयेत् । खादेच्चप्रातरुत्थाय कोलमेकं प्रमाणतः ।।२२३।।
छर्द्यम्लपित्तहृद् दाहभ्रममूर्च्छापहं नृणाम् । सर्वशूलहरं श्रेष्ठमामवातविनाशनम् ।।२२४।।
मेहमेदोविकारघ्नं प्लीहापाण्डुगदापहम् । अश्मरीं मूत्रकृच्छ्रञ्च गुदजं रुधिरं जयेत् ।।२२५।।
रेतोवृद्धिकरं हृद्यं पुष्टिदं कामदं तथा । वन्ध्यापि लभते पुत्रं वृद्धोऽपि तरुणायते ।।२२६।।
नातः परतरं श्रेष्ठं विद्यते वाजिकर्मसु ।।२२७।।

219-227. Pūgakhaṇḍa (Second Recipe):

Ingredients: Powder of betel nuts, *ghṛitam*, milk, jaggery, cinnamon bark, smaller cardamom, cassia leaves, *nāga keśara*, dried ginger, black pepper, *pippalī*, clove, white sandalwood, *jaṭāmānsī*, *tāliśapatra*, seed of *kamalasambhava*, *nīlakamala*, *vanśalocana*, *śṛīngāṭaka*, white cumin seeds, *vidārīkanda*, *gokṣura*, *śatāvarī*, *mālatī* (jasmine) flowers and camphor.

Process of Drug-Making: Obtain 750 gm. powder of betel nuts as mentioned in the previous passage. Fry this powder in *ghṛitam* (375 gm.), add to it milk (6 litres) and jaggery (4700 gm.) and cook the preparation methodologically on a slow heat. When the preparation is cooked, add to it the following measuring 12 gm. each after pulverizing them together: cinnamon bark, smaller cardamom,

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cassia leaves, *nāga keśara*, dried ginger, black pepper, *pippalī*, clove, white sandalwood, *jaṭāmānsī*, *tāliśapatra*, seed of *kamalasambhava*, *nīlakamala*, *vanśalocana*, *śṛīngāṭaka*, white cumin seeds, *vidārīkanda*, *gokṣura*, *śatāvarī*, *mālatī* (jasmine) flowers. Also add to it camphor (23 gm.). Stir the preparation properly with a large spoon and fill this compound in earthenware coated with *ghṛitam* or glassware.

Method of use/Administration: Consume this medicine in doses of 6 gm. daily during morning hours.

Therapeutic benefits: This medicine is known as *Pūgakhanḍa* and it is very helpful in curing vomitting (*vamana*), *āmlapitta*, burning sensation in heart, *bhrama*, fainting (*mūrccha*), all types of *śūla*, *āmavāta*, *prameha* (i.e. urinary disorders including diabetes), *medovṛidhijanya vikāra*, enlargement of spleen (*plīhā*), *pāṇḍu roga*, *aśmarī*, *mūtrakṛicchra* and bleeding due to piles. This medicine provides aphrodisiac power; is good for the heart and it makes body healthier. Even a barren lady can conceive after consuming this medicine. An old man feels like being a youth after consuming this medicine. There is no other better medicine for aphrodisiac purposes.

खण्डामलकी–

स्विन्नपीडितकूष्माण्डात्तुलाऽर्द्धंभृष्टमाज्यतः । प्रस्थार्द्धं खण्डतुल्यन्तु पचेदामलकीरसात् ।।२२८।।
प्रस्थे सुस्विन्नकूष्माण्डरसप्रस्थेविघट्टयन् । दर्व्यापाकंगतेतस्मिंश्चूर्णीकृत्य विनिक्षिपेत् ।।२२९।।
द्वे द्वे पले कणाजाजीशुण्ठीनां मरिचस्य च । पलं तालीशधन्याकचातुर्जातकमुस्तकम् ।।२३०।।
कर्षप्रमाणं प्रत्येकं प्रस्थार्द्ध माक्षिकस्य च । पक्तिशूलं निहन्त्येतद्दोषत्रयकृतञ्च यत् ।।२३१।।
छर्दिम्लपित्तमूर्च्छाश्च श्वासं कासमरोचकम् । हृच्छूलं पृष्ठशूलञ्च रक्तपित्तञ्च नाशयेत् ।।
रसायनमिदं श्रेष्ठं खण्डामलकसंज्ञितम् ।।२३२।।

228-232. Khanḍāmalakī:

Ingredients: Pulp of *kuṣmānḍa*, *ghṛitam*, *āmalakī* juice, raw sugar, *kaṇā*, *ajājī*, *śunṭhī*, *marica*, *tāliśa*, *dhānyaka*, *catujaṭāka* herbs, *mustaka* and honey.

Process of Drug-Making: Get 2500 gm. of steam boiled and squeezed pulp of *kuṣmānḍa*. Fry this with *ghṛitam* (375 gm.). Take 750 ml. of *āmalakī* juice and 2500 gm. of raw sugar. Cook them together. Add to the preparation the fried pulp of *kuṣmānḍa*, made earlier and again cook it. When it reaches the stage of *dārvī pāka* (i.e. when the preparation sticks to the stiring spoon), then the powder of 93

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gm. each of *kaṇā*, *ajājī*, *śunṭhī*, 46 gm. of *marica*, 12 gm. each of *tāliśa*, *dhānyaka*, *catujaṭāka* herbs and *mustaka*, and 375 gm. of honey should be added.

Dosage: 5-10 gm. along with fresh milk or water.

Therapeutic benefits: This cures *pakti śūla* caused by the simultaneous vitiation of all the three *doṣas*. It also cures vomiting, *āmla pitta* (hyper-acidity), fainting, asthma, coughs, anorexia, cardiac pain, *rakta pitta* and pain in the back. This excellent rejuvenating recipe is called *Khanḍamalaka*.

(Cakradatt)

नारिकेलखण्डः–

कुडवमितमिह स्यान्नारिकेलं सुपिष्टंपलपरिमितसर्पिः पाचितं खण्डतुल्यम् ।
निजपयसि तदेतत् प्रस्थमात्रे विपक्वंगुडवदथ सुशीते शाणभागान् क्षिपेच्च ।।२३३।।
धन्याकपिप्पलिपयोदतुगाद्विजीराज्शाणं त्रिजातमिभकेशरवद्विचूर्ण्य ।
हन्त्यम्लपित्तमरुचिं क्षयमस्रपित्तंशूलं वमिं सकलपौरुषकारि हारि ।।२३४।।

233-234. Nārikela Khanḍa:

Ingredients: Coconut pulp, *ghṛitam*, sugar, milk (juice) of coconut, *dhānyaka*, *pippalī*, *payoda*, *tuga*, *śveta jīraka*, *kṛiṣṇa jīraka*, *tṛijātaka* and *nāga keśara*.

Process of Drug-Making: Obtain 187 gm. of coconut pulp and prepare a paste out of it. Fry this paste with 46 gm. of *ghṛitam*. Add to this, 187 gm. of sugar as well as 750 ml. of milk (juice) of coconut. Cook the preparation until the state of *guḍa pāka* is attained. When cooled, 3 gm. powders of each of *dhānyaka*, *pippalī*, *payoda*, *tuga*, *śveta jīraka*, *kṛiṣṇa jīraka*, *tṛijātaka* and *nāga keśara* should be added.

Method of use/Administration: It should be taken in doses of 5-10 gm. along with warm milk or fresh water.

Therapeutic benefits: It cures *āmla pitta* (hyper-acidity), anorexia, consumption, *rakta pitta* (an ailment characterized by bleeding from different parts of the body), colic pain, and vomiting. It promotes strength and virility.

(Cakradatt)

नारिकेलखण्डः (बृहत्)–

नारिकेलपलान्यष्टौ शर्करा प्रस्थसम्मिता । तज्जलं पात्रमेकन्तु सर्पिः पञ्चपलानि च ।।२३५।।

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शुण्ठीचूर्णस्य कुडवं प्रस्थार्द्धं क्षीरमेव च । सर्वमेकीकृतं पात्रे शनैर्मृद्वग्निना पचेत् ।।२३६।।
तुगा त्रिकटुकं मुस्तं चातुर्जातंसधान्यकम् । द्विकणाजीरकञ्चैव कर्षयुग्मं पृथक् पृथक् ।।२३७।।
श्लक्ष्णचूर्णं विनिक्षिप्य स्थापयेद् भाजने मृदः । खादेत्प्रतिदिनं शाणं यथेष्टाहारवानपि ।।२३८।।
सर्वदोषभवं शूलमेकजं द्वन्द्वजं तथा । परिणामभवं शूलमम्लपित्तञ्च नाशयेत् ।।२३९।।
बलपुष्टिकरं हृद्यं वाजीकरणमुत्तमम् । रक्तपित्तहरं श्रेष्ठं छर्दिहृद्रोगनाशनम् ।।२४०।।
धन्वन्तरिकृतञ्चैतन्नारिकेलरसायनम् ।।२४१।।

235-241. Nārikela Khaṇḍa (Major Variety):

Ingredients: Pulp of full ripe coconut, *ghṛitam*, coconut water, sugar, powder of dried ginger, cow milk, *vanśalocana*, dried ginger, *marica*, *pippalī*, *mustā*, cinnamon bark, cassia leaves, smaller cardamom, *nāga keśara*, coriander seeds, *pippalī*, *gajapippalī* and cumin seeds.

Process of Drug-Making: Take pulp of full ripe coconut, churn it and remove the liquid from it by squeezing. Take 375 gm. of this coconut *kalka* and fry in *ghṛitam* (235 gm.). Cook it by adding coconut water (3 litres), sugar (750 gm.), powder of dried ginger (187 gm.) and cow milk (375 ml.). When the preparation is properly cooked, remove it from stove. Add to it powders of the following measuring 23 gm. each: *vanśalocana*, dried ginger, *marica*, *pippalī*, *mustā*, cinnamon bark, cassia leaves, smaller cardamom, *nāga keśara*, coriander seeds, *pippalī*, *gajapippalī* and cumin seeds. Stir the preparation properly and put it in earthen jar.

Method of use/Administration: Consume this medicine in doses of 3 gm.

Therapeutic benefits: It is very helpful in curing *śūla* generated by all *doṣas*, *ekdoṣaj*, *dvidoṣaj*, *pariṇāma śūla* and *āmlapitta roga*. This medicine is known as *Bṛihannārikela Khaṇḍa*. It provides strength and aphrodisiac power to the user. It also checks *rakta pitta*, *vamana* (vomiting) and *hṛidaroga*. This medicine has been prepared by Dhanvantarī Bhagavān and is a good *rasāyana*.

(Cakradatt)

नारिकेलामृतम्–

नारिकेलफलप्रस्थं सुपिष्टं भर्जितं घृते । प्रस्थे प्रस्थं समादाय शुण्ठीचूर्णन्तु तत्समम् ।।२४२।।
द्विपात्रंनारिकेलाम्बुतत्समं क्षीरमेव च । धान्याश्च स्वरसप्रस्थं खण्डस्यापि तुलां न्यसेत् ।।२४३।।
एकीकृत्य पचेत्सर्वं शणैर्मृद्वग्निना भिषक् । सिद्धशीते प्रदातव्यं चूर्णमेषां सुशोभनम् ।।२४४।।
कटुत्रयं चतुर्जातं प्रत्येकञ्च पलोन्मितम् । धात्री जीरकयुग्मञ्च धान्यकं ग्रन्थिपर्णकम् ।।२४५।।
तुगापयोदचूर्णानित्रिकर्षाणिपृथक्-पृथक् । चतुष्पलानिमधुनःस्निग्धे भाण्डे निधापयेत् ।।२४६।।

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शिवं प्रणम्य सगणं धन्वन्तरिमथापरम् । कर्षप्रमाणं कर्त्तव्यं मुद्गयूषं पिबेदनु ।।२४७।।
अम्लपित्तं निहन्त्युग्रं शूलञ्चैव सुदारुणम् । परिणामभवं शूलं पृष्ठशूलञ्च नाशयेत् ।।२४८।।
अन्नद्रवभवं शूलं पार्श्वशूलं सुदुस्तरम् । अग्निसन्दीपनकरं रसायनमिदं शुभम् ।।२४९।।
मूत्राघातानशेषांश्च रक्तपित्तं विशेषतः । पीनसञ्च प्रतिश्यायं नाशयेन्नित्यसेवनात् ।।२५०।।
रोगानीकविनाशाय लोकानुग्रहहेतवे । अश्विभ्यां निर्मितं श्रेष्ठं नारिकेलामृतं शुभम् ।।२५१।।

242-251. Nāṛikelāmṛitam:

Ingredients: Pulp of fully ripe coconut, *ghṛitam*, powder of dried ginger, coconut water, cow milk, jaggery, dried ginger, *marica*, *pippalī*, cinnamon bark, smaller cardamom, cassia leaves, *nāga keśara*, *āmalakī*, white and black cumin seeds, coriander seeds, *granthiparṇa*, *vanśalocana*, *mustā* and honey.

Process of Drug-Making: Churn pulp of fully ripe coconut on a stone slab and obtain 750 gm. powder of the same. Taking a frying pan, fry the powder thoroughly in *ghṛitam* measuring 750 gm. Following this, add powder of dried ginger (750 gm.), coconut water and cow milk (6 litre each) and jaggery (5 kg.) to the frying pan. Cook the preparation gradually on a slow heat. When the preparation is properly cooked and is cooled, add to it powders of the following in quantity of 46 gm. each: dried ginger, *marica*, *pippalī*, cinnamon bark, smaller cardamom, cassia leaves, *nāga keśara* and 35 gm. each of *āmalakī*, white and black cumin seeds, coriander seeds, *granthiparṇa*, *vanśalocana* and *mustā* along with honey (187 gm.). Stir the preparation properly and preserve it in *ghṛitam* coated earthen jar or in glass jar. This medicine is known as *Nāṛikelāmṛita*.

Method of use/Administration: One should first worship God Śiva, God Dhanavantarī along with his associates (*gaṇa*) and then only consume this medicine. Consume this medicine in doses of 12 gm. and take *mudgayūṣa* as *anupāna*.

Therapeutic benefits: This medicine if taken with proper *anupānas*, is capable of curing severe *āmlapitta*, *dāruṇa śūla*, *pariṇāma śūla*, *praṣṭaśūla*, *annadrava śūla*, *asādhya pārśava śūla*, all types of *mūtra ghāta*, *rakta pitta*, sinus (*pīnasa*) and *pratiśyāya*. This medicine is a great appetizer. This medicine has been prepared by Aśvinīkumāra for the benefit of world.

गुडपिप्पलीघृतम्–

सपिप्पलीगुडं सर्पिः पचेत् क्षीरे चतुर्गुणे । विनिहन्त्यम्लपित्तञ्च शूलञ्च परिणामजम् ।।२५२।।

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252. Guḍa Pippalī Ghṛitam:

Ingredients: *Mūrcchita Ghṛitam*, *pippalī*, jaggery and milk.

Process of Drug-Making: Boil *mūrcchita ghṛitam* (one part) along with *kalka* (one quarter part) of *pippalī* and jaggery along with milk (four parts i.e. measuring four times greater than *mūrcchita ghṛitam*).

Therapeutic benefits: This medicated *ghṛitam* cures *āmla pitta* (excessive acidity in the stomach) and *pariṇāmaja* type of colic pain.

(Cakradatt)

पिप्पलीघृतम् (तन्त्रान्तरोक्तम्)–

क्वाथेन कल्केन च पिप्पलीनां सिद्धं घृतं माक्षिकसम्प्रयुक्तम् ।
क्षीरानुपानस्य निहन्त्यवश्यं शूलं प्रवृद्धं परिणामसंज्ञम् ।।२५३।।

253. Guḍa Pippalī Ghṛitam (Second Recipe):

Ingredients: Pepper, water, and *mūrcchita ghṛitam*.

Process of Drug-Making: Take pepper measuring 4250 gm. and decoct it in water measuring 16 litres. Reduce the content to one fourth. Also obtain 250 grams of pepper and prepare a *kalka* out of it. Combine the decoction and *kalka* and add one litre of *mūrcchita ghṛitam* to it. Cook the preparation properly on a slow heat.

Method of use/Administration: This medicated *ghṛitam* should be taken along with honey in measure of 5-10 gm.

Therapeutic benefits: It certainly cures acute form of *pariṇāmaja śūla*.

बीजपूराद्यं घृतम्–

बीजपूरकमेरण्डंरास्ना गोक्षुरकं बलाम् । पृथक् पञ्चपलान् भागान् यवप्रस्थसमायुतान् ।।२५४।।
वारिद्रोणेन संसाध्य यावत्पादावशेषितम् । घृतप्रस्थं पचेत्तेन कल्कं दत्त्वाऽक्षसम्मितम् ।।२५५।।
तुम्बुरूण्यभयाव्योषं हिङ्गु सौवर्चलं बिडम् । सैन्धवं यावशूकं च सर्जिकामम्लवेतसम् ।।२५६।।
पुष्करं दाडिमञ्चैव वृक्षाम्लं जीरकद्वयम् । मस्तुप्रस्थद्वयं दत्त्वा सर्वं मृद्वग्निना पचेत् ।।२५७।।
घृतमेतत्प्रशंसन्ति शूलं हन्ति त्रिदोषजम् । वातशूलं यकृच्छूलं गुल्मप्लीहापहं परम् ।।२५८।।
हृच्छूलं पार्श्वशूलञ्च अङ्गशूलञ्च नाशयेत् । बलवर्णकरं हृद्यमग्निसन्दीपनं परम् ।।२५९।।

254-259. Bījapūrādya Ghṛitam:

Ingredients: Root of *jambīra* lemon, root of *eraṇḍa*, *rāsnā*, *gokṣura*, root of *balā*, barley, water, *mūrcchita* cow *ghṛitam*, Nepalese coriander seeds, *haraḍa*,

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dried ginger, *marica*, *pippalī*, asafoetida, *sauvarcala lavaṇa*, *viḍa lavaṇa*, *yavakṣāra*, *svarjikṣāra*, *āmalaveta*, *puṣkaramūla*, bark of pomegranate, *vṛikṣāmla*, white and black cumin seeds and water of curd.

Process of Drug-Making: Take root of *jambīra* lemon, root of *eraṇḍa*, *rāsnā*, *gokṣura* and root of *balā* each measuring 235 gm. each. Also take barley (750 gm.) and thickly churn all the materials and decoct them together along with water measuring 12 litre. Add to it *mūrcchita* cow *ghṛitam* (750 gm.) and 10 gm. each of the following: Nepalese coriander seeds, *haraḍa*, dried ginger, *marica*, *pippalī*, asafoetida, *sauvarcala lavaṇa viḍa lavaṇa*, *yavakṣāra*, *svarjikṣāra*, *āmalaveta*, *puṣkaramūla*, bark of pomegranate, *vṛikṣāmla*, white and black cumin seeds. Also add to the preparation, water of curd measuring 1.50 litre. Cook the recipe methodologically. The oil thus obtained is called as '*Bījapūrādya Ghṛitam*'.

Therapeutic benefits: It helps in alleviating *tṛidoṣajanak śūla*, *vātika śūla*, *yakṛita śūla*, *gulma*, enlargement of spleen (*plīhāvṛidhi*), heart *śūla*, *pārśava śūla* and *śūla* of different parts of body. This *ghṛitam* helps in promoting body's strength and complexion. It is also good for heart and is a good appetizer.

दाधिकं घृतम् (च० द०)–

पिप्पली नागरं बिल्वं कारवी चव्यचित्रकम् । हिङ्गु दाडिमवृक्षाम्लवचाक्षाराम्लवेतसम् ।।२६०।।
वर्षाभूकृष्णलवणमजाजीबीजपूरकम् । दधि त्रिगुणितं सर्पिस्तत्सिद्धं दाधिकं घृतम् ।।२६१।।
गुलमार्शः प्लीहहृत्पार्श्वशूलयोनिरुजापहम् । दोषसंशमनं श्रेष्ठं दाधिकं परमं स्मृतम् ।।२६२।।

260-262. Dadhikam Ghṛitam:

Ingredients: *Mūrcchita ghṛitam*, *dadhi* (curd), water, *pippalī*, *nāgara*, *bilva*, *karavī*, *cavya*, *citraka*, *hingu*, *dāḍima*, *vṛikṣāmla*, *vacā*, *kṣāra*, *kṛiṣṇa lavaṇa* (a variety of salt, black in colour), *ajājī* and *bījapūraka*.

Process of Drug-Making: Boil *mūrcchita ghṛitam* (1 litre) in *dadhi* (curd) (3 litres) along with water (4 litres) and *kalka* obtained from equal parts (i.e. 15 gm. each) of the following; *pippalī*, *nāgara*, *bilva*, *karavī*, *cavya*, *citraka*, *hingu*, *dāḍima*, *vṛikṣāmla*, *vacā*, *kṣāra*, *kṛiṣṇa lavaṇa* (a variety of salt, black in colour), *ajājī* and *bījapūraka*. This medicine is called *Dadhika Ghṛitam*.

Dosage: 5-10 gm.

Therapeutic benefits: It is an excellent recipe for the treatment of *gulma* (phantom tumour), piles and pain in spleen related region, cardiac, region, sides of

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the chest and female genital tract. It is also useful for the alleviation of the vitiated *doṣas*.

(Cakradatt)

शूलगजेन्द्रतैलम्–

एरण्डं दशमूलञ्च प्रत्येकं पलपञ्चकम् । जले चाष्टगुणे पक्त्वा तैलस्यार्द्धाढकं पचेत् ।।२६३।।
विश्वं जीरं यमानीञ्च धान्यकं पिप्पलीं वचाम् । सैन्धवं बदरीपत्रं प्रत्येकञ्च पलद्वयम् ।।२६४।।
यवक्वाथः पयश्चैव तैलाद् देयं गुणद्वयम् । तैलमेतन्महातेजो नाम्ना शूलगजेन्द्रकम् ।।२६५।।
निहन्त्यष्टविधं शूलमुपद्रवसमन्वितम् । अग्निप्रदं वमिहरं श्वासकासारुचीर्जयेत् ।।२६६।।
ज्वरघ्नं रक्तपित्तघ्नं प्लीहगुल्मविनाशनम् । श्रीमद्गहननाथेन निर्म्मितं विश्वसन्मुदे ।।२६७।।

263-267. Śūla Gajendra Tailam:

Ingredients: Barks of *eraṇḍa* root, *bilva*, *gambhārī*, *pāṭala*, *araṇī* and *śyoṇāka*, *śālaparṇī*, *pṛiśniparṇī*, smaller *kaṇṭakārī*, bigger *kaṇṭakārī*, *gokṣura*, *mūrcchita* sesame oil, dried ginger, cumin seeds, caraway seeds, coriander seeds, *pippalī*, *vacā*, rock salt, leaves of *badarī*, decoction of barley (*yava*) and milk.

Process of Drug-Making: Obtain bark of the following in 235 gm. each of: *eraṇḍa* root, *bilva*, *gambhārī*, *pāṭala*, *araṇī* and *śyoṇāka*. Also 235 gm. of *śālaparṇī*, *pṛiśniparṇī*, smaller *kaṇṭakārī*, bigger *kaṇṭakārī* and *gokṣura*. Thickly churn all these materials and decoct them together in water measuring 20 litre. Decoct the same until the original quantity is reduced to one fourth. Sieve the decoction and pour it into a frying pan. Prepare *kalka* of the following: *mūrcchita* sesame oil (15 ml.) and 92 gm. each of dried ginger, cumin seeds, caraway seeds, coriander seeds, *pippalī*, *vacā*, rock salt and leaves of *badarī*. Add this *kalka* to the frying pan. Also pour decoction of barley (*yava*) and milk (both twice the quantity of oil i.e. 3 litre each). Cook the preparation methodologically and obtain medicinal oil. Sieve and preserve this medicine in glass jar. This oil is known as *Śulagajendra*.

Therapeutic benefits: It can cure various disorders including eight types of *śūla*, *vamana* (vomiting), asthma, *kāsa* (coughs), anorexia, fever, *rakta pitta*, enlargement of spleen (*plīhāvṛidhi*), *gulma* and the like. It is also a great appetizer. For the welfare of mankind, Āchārya Gahannāth has prepared this oil.

तत्र सामान्यक्रमः (च० द०)–

पित्तान्तं वमनं कृत्वा कफान्तं च विरेचनम् । अन्नद्रवे च तत्कार्यं जरत्पित्तं यदीरितम् ।।२६८।।

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आमपक्वाशये शुद्धे गच्छेदन्नद्रवः शमम् ।।२६९।।

268-269. Process of Treatment of Annadrava Śūla:

The patient suffering from *annadrava śūla* should be first of all be given *vamana* (emetic) therapy till *pitta* appears in the vomited substance. He should be subjected to the *virecana* (purgation) therapy till *kapha* appears in his stool. Thereafter, therapies already described for *jārata pitta* (*pariṇāma*) type of *śūla* should be administered. *Annadrava śūla* is alleviated by the cleansing of *āmāśaya* and *pakvāśaya* (large intestine).

(Cakradatt)

धात्रीलौहप्रयोगः–

धात्रीफलभवं चूर्णमयश्चूर्णसमन्वितम् । यष्टीचूर्णेन वा युक्तं लिह्यात्क्षौद्रेण तद्वदे ।।२७०।।

270. In cases of *śūla* one should consume powder of *āmalakī* (100 gm.) with *lauha bhasma* (10 gm.) and *lauha bhasma* (10 gm.) with *madhuyaṣṭī* (100 gm.). Both mixtures should be consumed in doses of 1-2 gm. with honey.

अन्नद्रवशूले पथ्यानि (च० द०)–

माषेण्डरी सतुषिका स्विन्ना सर्पिर्युता हिता । गोधूममण्डकं तत्र सर्पिषा गुडसंयुतम् ।।२७१।।
ससितं शीतदुग्धेनमृदितंवा हितं मतम् । शालितण्डुलमण्डं वा कवोष्णं सिक्थवर्जितम् ।।२७२।।
वाट्यं क्षीरेणसंसिद्धं घृतपूरं सशर्करम् । शर्करां भक्षयित्वा वा क्षीरमुत्क्वथितं पिबेत् ।।२७३।।

271-273. Wholesome Diets: To patient suffering from colic pain, steam boiled nuggets prepared out of *māsa* along with its husk andfried in the *ghṛitam*, should be served as food. Wheat flour mixed with *ghṛitam* and jaggery is also useful. It can be given along with sugar and cold milk. Lukewarm *manḍa* (water which is strained out after boiling rice) of *śāli* rice free from *siktā* (sticky portion) is also useful. *Yava* (barley) cooked in milk and added with *ghṛitam*, vegetable soup and sugar may also be given. The patient can take boiled milk after taking sugar. He can also take *saktu* (roasted flour) of *caṇaka* along with the soup of leaves of *paṭola*.

पटोलपत्रयूषेण खादेच्चणकसक्तुकान् । अन्नद्रवे जरत्पित्ते वह्निर्मन्दो भवेद्यतः ।
तस्मादत्रान्नपानानि मात्राहीनानि कल्पयेत् ।।२७४।।

274. *Annadrava* and *jārata pitta* (*pariṇāma*) types of colic pain are invariably associated with *agnimāndya* (suppression of the power of digestion). Therefore,

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the *anupāna* (post-medicinal drink) prescribed in respect of each recipe should be given only in small quantity.

त्र्युट्याद्यरिष्टम्–

पलद्वयं स्यात्त्रटिचूर्णजातंकश्मीरजन्मामरपुष्पमेला ।
त्वक्क्षीरकाकोल्यपि जातिपत्री यमानिका कोलमितान्यमूनि ।।२७५।।
पृथक्पृथक् साधु विचूर्णितानि ततो जलं सत् कुडवार्द्धमानम् ।
स्निग्धे सुभाण्डे कुडवप्रमाणांसंजीवनीं चापि सुरां निधाय ।।२७६।।
सप्ताहमेकं ननु रुद्धवक्त्रंसंस्थापयेद् यत्नत एव वैद्यः ।
ततः समुद्धृत्य च वस्त्रपूतंविधाय पेयं च यथाऽनलं हि ।।२७७।।
त्रुट्याद्यरिष्टमिष्टं स्याच्छूलसंकष्टनाशनम् । शूलरोगवतां नूनं भिषग्भिः सुपरीक्षितम् ।।२७८।।

275-278. Tryuṭyādya Ariṣṭam:

Ingredients: Powder of smaller cardamom, powders of *keśara*, clove, bigger cardamom, cinnamon bark, *kṣīrakākolī*, *jātīkoṣa*, caraway seeds, clean water and *sanjīvanī surā* mentioned in *Vājikaraṇadhikāra*.

Process of Drug-Making: Take powder of smaller cardamom (93 gm.), powders measuring 6 gm. each of *keśara*, clove, bigger cardamom, cinnamon bark, *kṣīrakākolī*, *jātīkoṣa* and caraway seeds. Also take clean water (93 ml.), *sanjīvanī surā* (187 ml.) mentioned in *Vājikaraṇadhikāra*. Collect all these materials in a *ghṛitam* coated pot and close the mouth of the pot with *śarāva* and mud-smeared pieces of cloth. Put the pot in a secluded and warm spot for seven days. On eighth day remove the pot and sieve the compound. Preserve the compound in glass jar and close its mouth tightly.

Method of use/Administration: Dosage starts with 30 drops and gradually increases up to 60 drops.

Therapeutic benefits: This medicine is very useful in curing pain of *śūla* patients. This medicine is known as *Tryuṭyādya Ariṣṭam* and it should be consumed according to one's digestive power.

शूलरोगे पथ्यानि–

छर्दिः स्वेदो लङ्घनं पायुवर्त्तिर्बस्तिर्निद्रा रेचनं पाचनं च ।
अब्दोत्पन्नाः शालयो वाट्यमण्डस्तप्तक्षीरं जाङ्गलानां रसाश्च ।।२७९।।
पटोलशोभाञ्जनकारवेल्लंवार्त्ताकुमाम्राणि पचेलिमानि ।
द्राक्षा कपित्थं रुचकं प्रियालंशालिञ्चपत्राणि च वास्तुकानि ।।२८०।।

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सामुद्रसौवर्चलहिङ्गुविश्वं विडं शताह्वा लशुनं लवङ्गम् ।
एरण्डतैलं सुरभीजलं च तप्ताम्बु जम्बीररसोऽपि कुष्ठम् ।
लघूनि च क्षाररजांसि चेति वर्गो हितः शूलगदार्दितेभ्यः ।।२८१।।

279-281. The following measures and eatables are considered to be good for the patient suffering from *śūla* disorder: *vamana*, *svedana*, *langhaṇa* (fasting), putting wicks in *guḍa*, *basti* therapy, sleeping during daytime, *recana*, easily digestible edibles, one year old rice, fried barley's *māṇḍa*, warm milk, meat soup of wild animals, *paṭola*, *śobhāñjana*, *kārvellaka*, aubergine, ripe mangoes, raisins, *kapittha*, black salt, *priyālāsthi*, leaves of *śāli nca śaka*, *vāstuka*, *sea salt*, *sauvarcala* salt, asafoetida, dried ginger, *viḍa* salt, aniseeds, garlic, clove, oil of *eraṇḍa*, warm water, juice of *jambīra* lemon, powder of *kuṭaja* and light *kṣāras*.

शूलरोगेऽपथ्यानि–

विरुद्धान्यन्नपानानि जागरं विषमाशनम् । रूक्षितिक्तकषायाणि शीतलानि गुरूणि च ।।२८२।।
व्यायामं मैथुनं मद्यं वैदलं लवणं तिलान् । वेगरोधं शुचं क्रोधं वर्जयेच्छूलवान्नर ।।२८३।।

282-283. Prohibitions: The patient suffering from colic pain should avoid eating incompatible foods, remaining awake during nights, unequal meals, exercises, sexual intercourse, alcoholic drinks, salt, pungent food, *vaidala* (pulses having two cotyledons), suppression of the manifested natural urges, worry and anger.

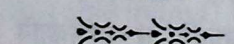
परिणामशूले वर्ज्यानि (यो० र०)–

माषादिशिम्बीधान्यानिमद्यानिवनिता हिमम् । आतपं जागरं क्रोधं शुचं सन्धानमलकम् ।।२८४।।
वर्जयेत्पक्तिशूलार्त्तस्तथाऽजीर्णे तिलानपि ।।२८५।।

284-285. The patient of *pariṇāma śūla* should avoid rice obtained from *śimbi* variety of paddy, edibles containing cold properties, sour eatables and sesame seeds. He should not take meals before digesting the foods earlier taken. He should also avoid sexual intercourse, walking in sun, waking for long hours, getting angry, indulging in grief and the like.

इति भैषज्यरत्नावल्यां शूलरोगचिकित्साप्रकरणम् ।।३०।।
इति भैष्ज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायांशूलरोगचिकित्साप्रकरणम् ।।३०।।

End of the Chapter 30 of Bhaiṣajya Ratnāvalī with Commentary



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अथोदावर्त्तानाहचिकित्साप्रकरणम् ३१

Chapter 31
Udāvarta Ānāha

तत्रादावुदावर्त्ते सामान्यवस्तुसेवनोपदेशः–

त्रिवृत्सुधापत्रतिलादिशाकग्राम्यौदकानूपरसैर्यवान्नम् ।
अन्यैश्चसृष्टानिलमूत्रविड्भिरद्यात् प्रसन्नागुडसीधुपायी ।।१।।

Process of the Treatment of Udāvarta Ānāha:

Yava (barley) boiled with *tṛivṛit*, leaves of *sudha* and *tila* or with the soup of the meat of animals which are domesticated, aquatic animals and animals inhabiting marshy land or with such other ingredients which help in the elimination of flatus as well as urine is useful. The patient should drink *prasannā*, *guḍa* and *sidhu* types of alcoholic preparation.

(Cakradatt)

वातादिजनित उदावर्त्ते क्रिया–

आस्थापनं मारुतजे स्निग्धस्विन्नस्य शस्यते । पुरीषजे तु कर्त्तव्यो विधिरानाहिकस्तु यः ।।२।।

2. In the cases of *udāvarta* due to aggravation of *vāta*, the patient should be given *āsthāpana* type of medicated *basti* (enema) after *snehana* (oleation), and fomentation therapies. For the patient suffering from *purīṣaja* type of *udāvarta*, the process of treatment suggested for *ānāha* should be adopted. The patient should be given medicated enema containing alkali preparation.

(Suśruta)

हिङ्ग्वादिचूर्णम् (च. द.)–

हिङ्गु कुष्ठं वचा सर्जो विडं चेति द्विरुत्तरम् । पीतं मद्येन तच्चूर्णमुदावर्त्तविनाशनम् ।।३।।

3. Consuming powders of *hingu* (one part), *kuṣṭha* (two parts), *vacā* (four parts), *svarjikṣāra* (eight parts) and *viḍa* salt (16 parts) along with alcoholic drinks cures *udāvarta*.

Dosage: 3-5 gm.

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हरीतकीयवक्षारपीलूनि त्रिवृता तथा । घृतैश्चूर्णमिदं पेयमुदावर्त्तविनाशनम् ।।४।।

4. Take equal parts of the powders of *harītakī*, *yavakṣāra*, *pīlū* and *tṛivṛit*. Consume this powder along with *ghṛitam* for the cure of *udāvarta*.

(Cakradatt)

नाराचचूर्णम्–

खण्डपलंत्रिवृतासममुपकुल्याकर्षचूर्णितंश्लक्ष्णम् । प्राग्भोजनेचसमधुविडालपदकंलिहेत्प्राज्ञः।।५।।
एतद् गाढपुरीषे पित्ते कफे च विनियोज्यम् । स्वादुनृपयोग्योऽयं चूर्णो नाराचको नाम्ना ।।६।।

5-6. Nārāca Cūrṇam:

Ingredients: Sugar, *tṛivṛit* and *upkulya*.

Process of Drug-Making: Get 16 gm. of sugar and 12 gm. of *tṛivṛit* along with 12 gm. of *upkulya*. Ground them into a fine powder.

Method of use/Administration: This should be taken in doses of 6-12 gm. along with honey before taking meals.

Therapeutic benefits: It should be given for the treatment of constipation caused by *vāta*, *pitta* and *kapha*. This powder is sweet in taste and can be taken even by the nobles. This is called *Nārāca Cūrṇam*.

(Cakradatt)

पिप्पल्यादिक्वाथः–

पिप्पली पिप्पलीमूलं मरिचं विश्वभेषजम् । वह्निर्दन्ती त्रिवृच्चैषां कषायं गुडमिश्रितम् ।।७।।
प्रातः पिबन्नुदावर्त्तमानाहं श्वयथुं तथा । पाण्डुरोगं च गुल्मं च जयेन्निःसंशयं गदी ।।८।।

7-8. Pippalyādi Kvātha:

Ingredients: *Pippalī*, *pippalīmūla*, *marica*, dried ginger, root of *citraka*, root of *dantī*, root of *tṛivṛit*, water and old jaggery.

Process of Drug-Making: Take equal parts of *pippalī*, *pippalīmūla*, *marica*, dried ginger, root of *citraka*, root of *dantī* and root of *tṛivṛit*. Thickly churn these materials and obtain 25 gm. of their mixture. Prepare its decoction along with water measuring 400 ml. Decoct it till the original quantity is reduced to one eighth and add old jaggery (12 gm.) to it.

Method of use/Administration: Drink this liquid during morning hours.

Therapeutic benefits: It alleviate disorders like *udāvarta*, *śotha*, *pāṇḍu* and *gulma*.

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हिङ्ग्वादिवर्त्तिः–

हिङ्गुमाक्षिकसिन्धूत्थैः पिष्टैर्वर्त्तिं विनिर्मिताम् । घृताभ्यक्तां गुदे न्यस्येदुदावर्तविनाशिनीम् ।।९।।

9. Hingavādi Varttī:

Ingredients: Asafoetida, honey, rock salt, water and *ghṛitam*.

Process of Drug-Making: Get asafoetida, honey along with rock salt and ground them in water. Prepare *varttīs* (elongated pills) out of this *kalka*. Smear this *varttī* with *ghṛitam*.

Method of use/Administration: Administer the *varttī* in the anus as suppository.

Therapeutic benefits: It cures *udāvarta*.

फलवर्त्तिः–

मदनं पिप्पली कुष्ठं वचा गौराश्च सर्षपाः । गुडक्षारसमायुक्ताः फलवर्त्तिरिहोच्यते ।।१०।।

10. Phala Varttī:

Ingredients: *Madana*, *pippalī*, *kuṣṭha*, *vacā*, white variety of mustard, *guḍa* and *kṣāra*.

Process of Drug-Making: Finely triturate *madana*, *pippalī*, *kuṣṭha*, *vacā*, white variety of mustard, *guḍa* and *kṣāra* (alkali preparation). Prepare *varrtis* out of this mix.

Therapeutic benefits: This is called *Phala Varttī* and it is useful in the treatment of *udāvarta*.

त्रिवृदादिगुडिका–

त्रिवृत्कृष्णाहरीतक्यो द्विचतुष्पञ्चभागिकाः । गुडिका गुडतुल्यास्ता विड्विबन्धगदापहाः ।।११।।

11. Tṛivṛitādi Guḍikā:

Ingredients: *Tṛivṛit*, *kṛiṣṇā*, *harītakī* and jaggery.

Process of Drug-Making: *Tṛivṛit* (two parts), *kṛiṣṇā* (four parts) and *harītakī* (five parts) should be mixed with jaggery (eleven parts) and pills should be made out of the mix.

Therapeutic benefits: These pills cure diseases caused by the obstruction to passage of stool.

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गुडाष्टकम्–

सव्योषपिप्पलीमूलं त्रिवृद्दन्ती च चित्रकम् । तच्चूर्णं गुडसम्मिश्रं भक्षयेत्प्रातरुत्थितः ।।१२।।
एतद् गुडाष्टकं नाम्ना बलवर्णाग्निवर्द्धनम् । उदावर्त्तप्लीहगुल्मशोथपाण्ड्वामयापहम् ।।१३।।

12-13.Guḍāṣṭakam:

Ingredients: Dried ginger, *marica*, *pippalī*, *pippalīmūla*, *tṛivṛit*, roots of *dantī*, *citraka* and jaggery.

Process of Drug-Making: Churn the following materials together: dried ginger, *marica*, *pippalī*, *pippalīmūla*, *tṛivṛit*, roots of *dantī* and *citraka*. Add to it jaggery equal to their combined weight and preserve the same in glass jar.

Method of use/Administration: This medicine is known as '*Guḍāṣṭaka*' and it should be consumed during morning hours.

Therapeutic benefits: This medicine is an effective cure for *udāvarta*, enlargement of spleen (*plīhāvṛidhi*), *gulma*, *śotha* and *pāṇḍu*. It also promotes strength, complexion and digestive power of the user.

(Vangasen)

रसोनप्रयोगः–

रसोनं मद्यसंमिश्रं पिबेत् प्रातः प्रकाङ्क्षितम् । गुल्मोदावर्त्तशूलघ्नं दीपनं बलबर्द्धनम् ।।१४।।

14. Juice of *rasona* (5 ml.) mixed with alcoholic drinks (10 ml.) should be taken by the patient as much as he could take. This cures *gulma* (phantom tumour), *udāvarta* and colic pain. This stimulates the power of digestion and promotes strength.

(Cakradatt)

आगारधूमादिवर्त्तिद्वयम् (च. द.)–

आगारधूमसिन्धूत्थतैलयुक्ताम्लमूलकम् । क्षुण्णंनिर्गुण्डिपत्रं वा स्विन्ने पायौ क्षिपेद् बुधः ।।१५।।

15. The *kalka* of smoke deposits of the kitchen, rock-salt, oil and *āma mūlaka* or the *kalka* of the leaves of *nirgundī* taken together should be applied over the anus for the cure of *udāvarta*. Similarly, the *kalka* of the leaves of plant *nirguṇḍī* could be applied as coated over a piece of cloth to be placed inside the anus.

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मूत्रोदावर्तघ्ना योगाः (च. द.)–

सौवर्चलाढ्यां मदिरां मूत्रे त्वभिहते पिबेत् । एलां वाऽप्यथ मद्येन क्षीरवारि पिबेन्नर ।।१६।।
दुःस्पर्शास्वरसं वाऽपि कषायं ककुभस्य वा । एर्वारुबीजं तोयेन पिबेद्वा लवणीकृतम् ।।१७।।
पञ्चमूलीश्रृतं क्षीरं द्राक्षारसमथापि वा ।।१८।।

16-18. Treatment of Mūtraja Udāvarta:

If *udāvarta* is caused by the suppression of the urge for urination, then the patient should be treated with the following recipes. 1. *Madira* (25 ml.) a type of wine treated with *sauvarcala* salt (5 gm.); 2. Alcoholic drinks mixed with cardamom; 3. Water mixed *kṣīra* (milk); 4. Juice of *duhsparśa*; 5. Decoction of *kakubha*; 6. Seeds of *ervāruka* mixed along with water and salt; 7. Milk boiled with the decoction of *laghu pañca mūla* (*bilva*, *śyoṇāka*, *gambhārī*, *pāṭala* and *ganikarika*); and 8. Grape juice.

(Cakradatt)

यवक्षारादियोगाः–

यवक्षारं सितायुक्तं पिबेद्वा मृद्वीकारसैः । वरीकूष्माण्डयोस्तोयं सितायुक्तं पिबेदथ ।।१९।।

19. Take *Svarasa* of grapes, mix it in *yavakṣāra* (500 mg.) and sugar (500 mg.). Serve the same for drinking to the patient. One can also drink juice of *śatāvarī* with sugar and sugar treated *kuṣmāṇḍa* juice. All these three drinks are helpful in checking *Mūtrarodhajanya Udāvarta*.

अन्यच्च (यो. र.)–

किंशुकानां प्रलेपो वा कवोष्णो मूत्ररोधहा । अत्र सर्वं प्रयुञ्जीत मूत्रकृच्छ्राश्मरीविधिम् ।।२०।।

20. Prepare decoction of the *palāśa* flowers. When it is lukewarm, pour it in the *basti* region of the body in form of a narrow stream. Make *kalka* of *palāśa* flowers and warm it. Apply the *kalka* on *basti* areas. These two measures are effective in checking *mūtrarodha janya udāvarta*. The treatments used for curing *mūtrakṛicchra* and *aśmarī* disorders are also helpful in treating *Mūtra rodhjaḍavrata*.

विड्विघातजोदावर्त्ते क्रिया–

विड्विघातसमुत्थे तु विड़भेद्यन्नं तथौषधम् । वर्त्त्यभ्यङ्गावगाहश्च स्वेदो बस्तिर्हितो मतः ।।२१।।

21. To treat *udāvarta* disease caused due to holding the force of stool, one should take meals and herbs that have laxative properties. Ointmenting of the

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affected part, sitting inside warm water tub and *basti* therapy are also helpful measures.

जृम्भाऽश्रुवेगरोधज उदावर्त्तचिकित्सा (च. द.)–

स्नेहस्वेरुदैदावर्त्तंजृम्भाजं समुपाचरेत् । अश्रुमोक्षोऽश्रुजे कार्यः स्वप्नो मद्यं प्रियाः कथाः ।।२२।।

22. Treatment of Jṛimbhaja Udāvarta, etc.:

If *udāvarta* is caused by the suppression of the urge for yawning, then the patient should be treated with *snehana* (oleation) and fomentation therapies. If *udāvarta* is caused by the suppression of tears, then therapies should be administered for lacrimation and the patient should be asked to sleep and take alcoholic drinks. He should be consoled with pleasing talks.

(Cakradatt)

छिक्करोधजोदावर्त्तचिकित्सा (च. द.)–

क्षवजे क्षवपत्रेण घ्राणस्थेनानयेत्क्षवम् । तथोर्ध्वजत्रुगोऽभ्यङ्गः स्वेदो धूमः सनावनः ।
हितं वातघ्नमद्यं च घृतं चौत्तरभक्तिकम् ।।२३।।

23. Treatment of Kṣavaja Udāvarta:

If *udāvarta* is caused by the suppression of the urge for sneezing (*kṣava* or *chikkā*), then the patient should be made to sneeze by inhaling *nasya patra*, and thereafter, oil should be applied and massaged over his head and neck. He should also take fomentation, smoking and inhalation therapies. He should be served liquor and rice treated in *ghṛitam*.

(Cakradatt)

उद्गार-छर्दिरोधजोदावर्त्तयोश्चिकित्सा (च. द.)–

उद्गारजे क्रमोपेतं स्नैहिकं धूममाचरेत् । छर्द्यघातं यथादोषं नस्यस्नेहादिभिर्जयेत् ।।२४।।

24. Treatment of Udgāraja Udāvarta:

If *udāvarta* is caused by the suppression of the urge for belching the patient should be treated through unctuous type of smoking therapy. The *udāvarta* caused due to holding urge to vomit should be treated through nasal therapy and *snehana*.

(Cakradatt)

छर्द्यघातजोदावर्त्ते विशेषक्रमः (च. द.)–

भुक्त्वा प्रच्छर्दनं धूमो लङ्घनं रक्तमोक्षणम् । रूक्षान्नपानं व्यायामो विरेकश्चात्र शस्यते ।।२५।।

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25. Treatment of Chardija Udāvarta:

If *udāvarta* is caused by the suppression of the urge for vomiting, then depending upon the *doṣas* involved, the patient should be give different types of inhalation and *snehana* (oleation) therapies. He should be given *vamana* (emetic) therapy after the intake of food. He should also be given smoking, *langhaṇa* (fasting) and bloodletting therapies. Unctuous food and drinks, exercise and *virecana* (purgation) therapies are useful for such patients.

(Cakradatt)

शुक्ररोधजोदावर्त्तचिकित्सा (च. द.)–

बस्तिशुद्धिकरावापं चतुर्गुणजलं पयः । आवारिनाशात्क्वथितं पीतवन्तं प्रकामतः ।।२६।।
रमयेयुः प्रिया नार्यः शुक्रोदावर्त्तिनं नरम् ।।२७।।

26-27. Treatment of Śukraja Udāvarta:

Boil milk in four times of water and thus reduce the preparation to one fourth. Serve this milk in sufficient quantities to a patient suffering from *udāvarta* caused by the suppression of the urge for ejaculation of semen. Thereafter, employ *svedana* (fomentation therapy) for cleansing the urinary bladderof the patient. Subsequently, he should indulge in sex acts with lovable ladies.

(Cakradatt)

शुक्रावरोधजोदावर्त्ते पथ्यानि–

अत्राभ्यङ्गावगाहाश्च मदिराश्चरणायुधाः । शालिः पयो निरूहाश्च हितं मैथुनमेव च ।।२८।।

28. Massage, *avagāha* type of fomentation therapy, alcohol, chicken meat, *śāli* rice, milk, *niruha* type of *basti* (enema) and sexual intercourse are useful for such patients.

(Cakradatt)

क्षुत्तृषाघातजोदावर्त्तयोश्चिकित्सा (च. द.)–

क्षुद्विघातेहितंस्निग्धमुष्णमल्पंच भोजनम् । तृष्णाघाते पिबेन्मन्थ यवागूं वाऽपि शीतलाम् ।।२९।।

29. Treatment of Udāvarta caused by Kṣutṛiṣāghāta, etc:

If *udāvarta* is caused by the suppression of hunger, then the patient should be given unctuous and hot food in small quantities. If *udāvarta* is caused by the suppression of thirst, then the patient should take *mantha* (thin gruel without containg any grains in it) or *yavāgū* (thick gruel) repeatedly.

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श्रमश्वास-निद्राघातजोदावर्त्तयोश्चिकित्सा (च. द.)–

रसेनाद्यात्सुविश्रान्तः श्रमश्वासातुरो नरः । निद्राघाते पिबेत्क्षीरं स्वप्नः संवाहनानि च ।।३०।।

30. The patient suffering from *udāvarta* because of the suppression of deep breathing after exercise should be advised to take rest after which he should be served with the meat soup. If *udāvarta* is caused by the suppression of the urge for sleep, then the patient should be given milk, he should be allowed to sleep and his body should be gently massaged (*samvāhana*).

(Cakradatt)

अधोवातरोधजोदावर्त्तचिकित्सा (च. द.)–

अधोवातनिरोधोत्थे ह्युदावर्त्ते हितं मतम् । स्नेहपानं तथा स्वेदो वर्त्तिर्बस्तिर्हितो मतः ।।३१।।

31. In cases of *udāvarta* caused due to suppression of the *adhovāta* (fart), *snehapana*, *svedana*, *phalavarttī* and *basti* therapy are beneficial.

(Cakradatt)

आनाहचिकित्साक्रमः (च. द.)–

उदावर्त्तक्रियाऽऽनाहे सामे लङ्घनपाचनम् ।।३२।।

32. Simple *ānāha* cases should be cured on the line of treatment suggested for the cases of *udāvarta*. But if *ānāha* is generated due to *āma doṣa* then, one should perform fasting (*langhaṇa*) for correcting the *doṣa* and then treat it with *pācana* therapy.

(Cakradatt)

हिङ्ग्वादिचूर्णम्–आनाहे (च. द.)–

द्विरुत्तराहिङ्गुवचासकुष्ठासुवर्चिकाचेतिविडञ्चचूर्णम् ।

सुखाम्बुनाऽऽनाहविसूचिकाऽर्त्तिहृदोगगुल्मोर्ध्वसमीरणघ्नम् ।।३३।।

33. Hingavādi Cūrṇam:

Ingredients: *Hingu*, *vacā*, *kuṣṭha*, *suvarcikā* and *viḍanga*.

Process of Drug-Making: The powder of *hingu* (one part), *vacā* (two parts), *kuṣṭha* (four parts), *suvarcikā* (eight parts), *suvarcikā* (eight parts) and *viḍanga* (sixteen parts) should be compounded together.

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Method of use/Administration: This medicinal powder should be taken along with lukewarm water.

Therapeutic benefits: It cures *ānāha*, *viṣūcīkā* (choleric diarrhoea), heart diseases, *gulma* (phantom tumour) and *udāvarta* (*urdhava samīraṇa*).

(Cakradatt)

वचादिचूर्णम् (च. द.)–

वचाऽभयाचित्रकयावशूकान्सपिप्पलीकातिविषान् सकुष्ठान् ।
उष्णाम्बुनाऽऽनाहविमूढवातान्पीत्वा जयेदाशु हितौदनाशी ।।३४।।

34. Vacādi Cūrṇam:

Ingredients: Powders of *vacā*, *abhayā*, *citraka*, *yavakṣāra*, *pippalī*, *ativiṣā* and *kuṣṭha*.

Process of Drug-Making: This is a powder-based formula involving all the ingredients in equal parts.

Method of use/Administration: This mix should be given with hot water. The patient should take wholesome diet along with this recipe.

Therapeutic benefits: It immediately cures *ānāha* and *vimūḍha vāta*.

(Cakradatt)

त्रिवृदादिचूर्ण स्नुहीमूलचूर्ण वा–

त्रिवृद्धरीतकीश्यामा स्नुहीक्षीरेण भावयेत् । स्नुहीमूलस्य चूर्णं वा पिबेदुष्णेन वारिणा ।।३५।।

35. Tṛivṛitādi Cūrṇam or Snuhīmula Cūrṇam:

Ingredients: *Tṛivṛit*, *harītakī*, *śyāmā* and latex of *snuhī*.

Process of Drug-Making: Take equal parts of *tṛivṛit*, *harītakī* along with *śyāmā* and triturate them together through *bhāvanā* method along with latex of *snuhī*. Triturate the preparation thoroughly.

Method of use/Administration and Therapeutic benefits: Take this recipe in doses of 1 gm. to 2 gm. along with warm water. Optionally, one could take the powder of *snuhī* roots along with warm water. It is also an effective recipe to control *ānāha*.

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पञ्चलवणचूर्णम् (च. द.)–

फलं च मूलं चविरेचनोक्तं हिङ्ग्वर्कमूलं दशमूलमग्र्यम् ।
स्नुक्चित्रकौचैवपुनर्नवांचतुल्यानि सर्वैर्लवणानि पञ्च ।।३६।।
स्नेहैः समूत्रैः सहजर्जराणि शराव सन्ध्यौ विपचेत्सुलिप्ते ।
पक्वंसुपिष्टं लवणंतदन्नैः पानैस्तथाऽऽनाहरुजाघ्नमग्र्यम् ।।३७।।

36-37. Pañcalavaṇa Cūrṇam:

Ingredients: Fruits and roots of drugs belonging to *virecaka gaṇa* (group of purgatives), *hingu*, *arka* (root), *daśamūla*, *snuhī*, *citraka*, *punarnavā*, five types of the salt, *ghṛitam* and cow's urine.

Process of Drug-Making: Obtain in equal parts fruits and roots of drugs belonging to *virecaka gaṇa* (group of purgatives), *hingu*, *arka* (root), *daśamūla*, *snuhī*, *citraka* and *punarnavā* and compound them together into a coarse powder. Take all the five salts (each in equal measures) in quantity equal to the combined measure of the above compound and add them to the preparation. Mix the preparation with *ghṛitam* and cow's urine separately. Prepare a lump out of the recipe and keep the same inside a *śarāva saṁpuṭa* (pair of the earthen plates). Seal the joint by seven layers of mud-smeared pieces of cloth and cook the preparation as per the *puṭa* method. Thereafter, take out the recipe from the *saṁpuṭa* and triturate it further into a fine powder.

Method of use/Administration: Consume this *Pañcalavaṇa Cūrṇam* along with food and drinks.

Therapeutic benefits: It effectively cures *ānāha*.

(Cakradatt)

राठादिवर्त्तिः (च. द.)–

राठधूमविडव्योषगुडमूत्रैर्विपाचिता । गदेऽङ्गुष्ठसमा वर्त्तिर्विधेयाऽऽनाहशूलनुत् ।।३८।।

38. Raṭhādi Varttī:

Ingredients: *Rāṭha*, kitchen smoke (*gṛiha dhūma*), *viḍa*, *vyoṣa*, *guḍa* and cow's urine.

Process of Drug-Making: Take *rāṭha*, kitchen smoke (*gṛiha dhūma*), *viḍa*, *vyoṣa* and *guḍa* in equal parts and compound them into a fine powder. Cook them together along with cow's urine. Prepare suppositories of the shape and size of a thumb out of it.

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Method of use/Administration: Insert this suppository inside the anus.

Therapeutic benefits: It cures pain caused by *ānāha*.

(Cakradatt)

त्रिकट्वादिवर्त्तिः–

वर्त्तिस्त्रिकटुसैन्धवसर्षपगृहधूमकुष्ठमदनफलैः ।
मधुनिगुडेवापक्त्वापाय्वीरिताऽङ्गुष्ठपरिमाणा ।।३९।।
वर्त्तिरियं दृष्टफला शनैः शनैः प्रणिहिता घृताभ्यक्ता ।
आनाहोदावर्त्तप्रशमनी जठरगुल्मनिवारिणी च ।।४०।।

39-40. Tṛikaṭvādi Varttī:

Ingredients: *Tṛikaṭu* herbs, rock salt, *sarṣapa*, *gṛiha dhūma*, *kuṣṭha*, *madana phalā* and honey or jaggery.

Process of Drug-Making: Take equal parts of *tṛikaṭu* herbs, rock salt, *sarṣapa*, *gṛiha dhūma*, *kuṣṭha* and *madana phalā* and compound them into a fine powder. Cook them along with honey or jaggery. Prepare suppositories of the size and shape of a thumb out of this mix.

Method of use/Administration: Gradually insert these suppository inside the anus.

Therapeutic benefits: It cures *ānāha*, *udāvarta*, *jaṭhara* (abdominal diseases) and *gulma* (phantom tumour).

(Cakradatt)

नाराचरसः–

सूतगन्धकतुल्यांशं मरिचं सूततुल्यकम् । टङ्कणं पिप्पली शुण्ठी द्वौ द्वौ भागौ विमिश्रयेत् ।।४१।।
सर्वतुल्यानि बीजानि दन्तीनां निस्तुषाणि च । स्नुहीक्षीरेण संयुक्तं मर्दयेद्दिवसत्रयम् ।।४२।।
नारिकेलोदरे स्थाप्यंमहागाढाग्निनाततः । तत्कालं पाचयेत् क्षिप्रं खल्लयित्वा निधापयेत् ।।४३।।
तन्मध्यनाभिलेपेन राजयोग्यं विरेचनम् । वटिका लेपमात्रेण दशवारं विरेचयेत् ।।४४।।
तद्गन्धघ्राणमात्रेण विरेको जायते ध्रुवम् ।।४५।।

41-45. Nārāca Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, black pepper, purified borax, *pippalī* powder, dried ginger, purified powder of *jayapāla*, coconut, latex of *snuhī* and water.

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Process of Drug-Making: Obtain powders of the following: 12 gm. each of purified *pārada*, purified *gandhaka*, black pepper, 24 gm. each of purified borax, *pippalī* powder, dried ginger and purified powder of *jayapāla* equal to the combined weight of all the above materials i.e. 108 gm. First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it after properly pulverizing them. Mortar the compound with latex of *snuhī* for three days. Make a small hole in the middle of a coconut and fill the compound into it. Properly close the hole and cook it by placing it in the middle of a high heat. Remove the compound after properly cooking the coconut. Mortar it and preserve in glass bottles.

Method of use/Administration: Apply the *kalka* on belly around the naval. The medicine could also be used through nasal therapy.

Therapeutic benefits: It helps in smooth discharge of obstructed urine and stool.

(*Rasendra Kāmdhenu*)

वैद्यनाथवटी (र. सा. सं.)–

पथ्या त्रिकटु सूतं च द्विगुणं कानकं तथा । भेकपर्णीरसैरम्लैलोणिकाया रसैः कृता ।।४६।।
गुडिकोदरगुल्मादि-पाण्ड्वामयविनाशिनी । कृमिकुष्ठगात्रकण्डूपिडकाश्च निहन्ति हि ।।४७।।
गुडी सिद्धफला चेयं वैद्यनाथेन भाषिता ।।४८।।

46-48. Vaidyanātha Vaṭī:

Ingredients: *Haraḍa*, dried ginger, *marica*, *pippalī*, *rasa sindūra*, purified *jayapāla*, juices of *manḍukaparṇī* and *cāngerī*.

Process of Drug-Making: Get one part each of *haraḍa*, dried ginger, *marica*, *pippalī*, *rasa sindūra* and purified *jayapāla* (two parts). Pulverize all the materials together. Triturate the mix separately with juices of *manḍukaparṇī* and *cāngerī*. Finally, prepare pills in measurement of 125 mg. each.

Method of use/Administration: The drug is to be taken in dosage of 62-125 mg.

Therapeutic benefits: This medicine is capable of curing problems of gastrointestinal tract, *gulma*, *pāṇḍu*, worm diseases, *kuṣṭha* (skin diseases including leprosy), itching, *pīḍakā* and the like. This pill is a *siddhaphalā* (a very successful drug). This medicine has been prepared by Vaidyanātha.

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इच्छाभेदी रसः (बृहत्)–

शुद्धं पारदटङ्कणं समरिचं गन्धाश्मतुल्यं त्रिवृद्विश्वा च द्विगुणा ततो नवगुणं जैपालचूर्णं क्षिपेद् ।
खल्लेदण्डयुगंविमर्द्यविधिनाचार्कस्यपत्रेततःस्वेदंगोमयवह्निनाचमृदुनास्वेच्छावशाद् भेदकः ।।४९।।
गुञ्जैकप्रमितो रसो हिमजलैः संसेवितो रेचयेद्यावन्नोष्णजलं पिबेदपि वरं पथ्यं च दध्योदनम् ।
आमंसर्वभवंसुजीर्णमुदरं गुल्मं विशालं हरेद्वह्नेर्दीप्तिकरो बलासहरणः सर्वामयध्वंसनः ।।५०।।

49-50. Icchābhedi Rasa (Major Recipe):

Ingredients: Purified *pārada*, purified borax, black pepper, purified *gandhaka*, root of *tṛivṛit*, dried ginger, *jayapāla* and juice of *arka* leaves.

Process of Drug-Making: Obtain the following in measurement 12 gm. each: purified *pārada*, purified borax, black pepper and purified *gandhaka*. Also take the root of *tṛivṛit* (24 gm.), dried ginger (24 gm.) and *jayapāla* (108 gm.). First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the rest of ingredients in powdered form into the prepare *kajjalī*. Pulverize the preparation thoroughly. Following this, triturate the same for six hours with juice of *arka* leaves. Wrap the compound in *arka* leaves and cook it in a mild heat produced by burning the dried cow dung (*gomyāgni*).

Method of use/Administration: Consume this medicine in doses of 125 mg. along with cold water to receive a laxative effect. To stop severe loose motions one should drink warm water. After the *virecana* is done, one should consume curd and rice.

Therapeutic benefits: This medicine cures all types of *āma* disorders, *ajīrna*, disorders of gastrointestinal tract, *gulma*, *kapha* disorders. As a matter of fact, if taken with proper *anupānas* it can cure all diseases. It also promotes digestive power.

(*Rasendra Sār Sangraha*)

उदयमार्त्तण्डरसः (यो. र.)–

हिङ्गूलं जयपालटङ्कणविषाण्यन्त्यार्धभागोत्तरं हिङ्गूलं क्रमशो विशोध्य मतिमानन्यत्तथा शुद्धिमत् ।
सर्वंखल्वतलेविमर्द्यमतिमान्गुञ्जाद्वयंदापयेद्मार्त्तण्डोदयकोज्वरादिसहिते यः सोदराध्मानके ।।५१।।
पाण्ड्वाजीर्णगदेऽनुपानवशतः पथ्यं च तक्रौदनंव्योषेणार्द्ररसेन तत्र सितया युक्तो ज्वरे दारुणे ।
मान्द्येगुल्मकफानलेचपवनेशूले च शोफोदरेवातास्रस्वरवर्णकुष्ठगुदजान् रोगानशेषाञ्जयेत् ।।५२।।

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51-52. Udayamārtaṇḍa Rasa:

Ingredients: Purified *hiñgula*, purified *jayapāla* seeds, purified borax, purified *vatsanābha viṣa* powder (or *hiñgula*, according to some scholars), *jayapāla*, borax and *viṣa*.

Process of Drug-Making: Obtain purified *hiñgula* (40 gm.), powder of purified *jayapāla* seeds (20 gm.), purified borax (10 gm.), purified *vatsanābha viṣa* powder (5 gm.), [or according to some scholars, *hiñgula* two and half parts, *jayapāla* (two parts), borax (one and half part) and *viṣa* (one part)]. Mortar all these materials together for two-three days and obtain a fine powder. Store the compound in glass jar.

Method of use/Administration: Consume this medicine in 250 mg. along with decoction of *triकaṭu*, ginger juice and sugar. The user should include buttermilk and rice in his diet.

Therapeutic benefits: This medicine is known as *Udayamārtaṇḍa Rasa*. It is helpful in curing problems related to gastro intestinal tract accompanied with fever, *ādhmāna*, *pāṇḍu*, *ajīrna*, *dāruṇa jvara*, *agnimāndya*, *gulma*, diseases generated by combination of *kapha* and *vāta*, also those diseases that are generated due to *vāta* only, *śūla* and *vātika śūla*, problems related to gastro intestinal tract accompanied with *śotha*, *vāta rakta*, *svara bhanga*, *varṇa vikrati*, *kuṣṭha* (skin diseases including leprosy), piles, *arśa* and the like.

(*Yoga Ratnākar*)

शुष्कमूलाद्यं घृतम्–

मूलकं शुष्कमार्द्रञ्च वर्षाभूमूलपञ्चकम् । आरेवतफलञ्चापि पिष्ट्वा तेन पचेद् घृतम् ।
तत्पीतमात्रं शमयेदुदावर्त्तमसंशयम् ।।५३।।

53. Śuṣka Mūlādya Ghṛitam:

Ingredients: *Mūlaka*, *varṣābhū*, *laghu pañcamūla*, fruit of *ārevata*, water and *mūrcchita ghṛitam*.

Process of Drug-Making: Prepare a *kalka* out of *mūlaka*, *varṣābhū*, *laghu pañcamūla* and fruit of *ārevata* (25 gm. each) along with water as base. Take *ghṛitam* measuring four times of the above *kalka* (i.e. 1 kg.) and water measuring four times of *mūrcchita ghṛitam*(i.e. 4 litres). Cook them on a slow heat.

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Method of use/Administration: It should be taken along with warm water or warm milk.

Therapeutic benefits: The medicated *ghṛitam* checks all types of *udāvarta*

स्थिराद्यं घृतम् (च. द.)–

स्थिरादिवर्गस्यपुनर्नवायाःसंपाकपूतीककरञ्जयोश्च ।
सिद्धःकषायोद्विपलांशिकानां प्रस्थोघृतात्स्यात्प्रतिरुद्धवाते ।।५४।।

54. Sthirādya Ghṛitam:

Ingredients: *Sthirādi varga* (*śālaparṇī*, *pṛiśniparṇī*, lesser and bigger types of *kañṭakārī* and *gokṣura*) *punarnavā*, *sampāka*, *pūtikarañja*, water and *mūrcchita ghṛitam*.

Process of Drug-Making: Obtain 93 gm. each of *sthirādi varga* herbs (*śālaparṇī*, *pṛiśniparṇī*, lesser and bigger types of *kañṭakārī* and *gokṣura*) *punarnavā*, *sampāka* and *pūtikarañja*. Coarsely powder these herbs and decoct the powder in water measuring 12 litre. Boil down the content to one fourth of the original measure. Add 750 gm. of *mūrcchita ghṛitam* to this decoction and cook the preparation again.

Method of use/Administration: The drug is to be taken in doses of 6-12 gm.

Therapeutic benefits: This recipe is useful in *pratiruddha vāta* (*udāvarta* and *ānāha*).

(Cakradatt)

उदावर्त्ते पथ्यानि (प. प.)–

स्नेहस्वेदविरेकाश्च बस्तयः फलवर्त्तः । अभ्यङ्गश्च यवाः सर्वं सृष्टविण्मूत्रमारुतम् ।।५५।।
ग्राम्यौदकानूपरसा रुवुतैलं च वारुणी । बालमूलकसम्पाकत्रिवृत्तिलसुधादलम् ।।५६।।
शृङ्गबेरं मातुलुङ्गं यवक्षारो हरीतकी । लवङ्गं रामठं द्राक्षा गोमूत्रं लवणानि च ।।५७।।
इति पथ्यमुदावर्ते नृणामुक्तं महर्षिभिः ।।५८।।

55-58. The following measures and products are considered beneficial in the treatment of *udāvarta*: *sneha karma*, *svedana*, *virecana*, *basti karma*, *phalāvarttī*, massage with oils, foods that help in free discharge of stool, urine and wind, *gramya* (village animals), meat soup of land animals and birds from the aquatic and marshy lands, *eraṇḍa* oil, liquor, young radish, *āragvadha*, *niśotha*, sesame, leaves of *snuhī*, ginger, *jambīra* lemon, *yavakṣāra*, *haraḍa*, clove, *hingu*, grapes, cow urine and all types of salts.

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उदावर्त्तेऽपथ्यानि (प. प.)–

वमनं वेगरोधं च शमीधान्यानि कोद्रवम् । नालिताशाकं शालूकं जाम्बवं कर्कटीफलम् ।।
पिण्याकमालुकं सर्वं करीरं पिष्टवैकृतम् ।।५९।।
विष्टम्भीनि विरुद्धानि कषायाणि गुरूणि च । उदावर्त्ते प्रयत्नेन वर्जयेन्मतिमान्नरः ।।६०।।

59-60. In cases of *udāvarta* disorder one should avoid the following: *vamana*, obstructing the flow of excretions, *śamī* variety of paddy, *kodarvā*, *nālitāśāk* (leaves of a vegetation from Bengal), *śālūka* (roots of *kumuda* and the like), *jambū*, *karkaṭī*, *piñyaka* (*kalka* of sesame having no oil content), all types of potato, sprouts of bamboo, products like the *piṣṭi*, constipating eatables, incompatible foods, sour products and *gurupāki* products.

आनाहे पथ्यानि–

उदावर्त्ते हितं सर्वं पाचनं लङ्घनं तथा । आनाहेऽपि यथायोग्यं सेवयेन्मतिमान्नरः ।।६१।।

61. In *udāvarta* disorder, *āma doṣas* are corrected through digestive powders and *langhaṇa* (fasting). These measures are also helpful in curing *ānāha* disorder.

आनाहेऽपथ्यानि–

अपथ्यानि प्रदिष्टानि यान्युदावर्त्तिनां पुरा । आनाहार्त्तः परिहरेत् तानि सर्वाणि यत्नतः ।।६२।।

62. A patient of *ānāha* should also avoid all those measures and products which are prohibited in *udāvarta* disorder.

इतिभैषज्यरत्नावल्यामुदावर्त्तानाहचिकित्साप्रकरणम् ३१
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायामुदावर्त्तानाहचिकित्साप्रकरणम् ।।३१।।

End of the Chapter 31 of Bhaiṣajya Ratnāvalī with Commentary

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अथ गुल्मरोगचिकित्साप्रकरणम् ३२

Chapter 32
Treatment of *Gulma*
(Localized Abdominal Tumour or Swelling)

गुल्मे क्रियाक्रमः–

लङ्घनं दीपनं स्निग्धमुष्णं वातानुलोमनम् । बृंहणं यद्भवेत्सर्वं तद्धितं सर्वगुल्मिनाम् ।।१।।

1. Process of Treatment: *Langhaṇa* (fasting), stimulation of the power of digestion and intake of unctuous, hot, *vātanulomana* (which helps in the downward movement of wind) as well as nourishing food and drinks—all these are wholesome for all types of cases of *gulma*.

(Cakradatt)

अन्यच्चापि हारीतोक्तम्–

सिद्धमेकादशविधं शृणु मे गुल्मभेषजम् । स्नेहनं स्वेदनं चैव निरूहमनुवासनम् ।।२।।
विरेकवमने चोभे लङ्घनं बृंहणं तथा । शमनञ्चावसेकञ्च शोणितस्याग्निकर्म च ।
कारयेदिति गुल्मानां यथारम्भं चिकित्सितम् ।।३।।

2-3. After diagnosing a patient's digestive powers and concentration of different *doṣas*, the patient of *gulma* is to be treated with any of the following eleven therapies: *snehana*, *svedana*, *niruha* and *anuvāsana basti*, *virecana*, *vamana*, *langhaṇa*, *bṛinhaṇa*, *śaman*, *śonitmokṣana* and *agni karma*.

गुल्मे वातशान्तिप्राधान्यम्–

गुल्मिनामनिलशान्तिरुपायैःसर्वशो विधिवदाचरितव्या ।
मारुते ह्यवजितेऽन्यमुदीर्णं दोषमल्पमपिकर्मनिहन्यात् ।।४।।

4. In cases of *gulma*, first of all one should start the treatment with curing disordered *vāta* because when the condition of *vāta* becomes normal, the treatment of other *doṣas* can be done with simple medicines and therapies.

स्वेदनं गुल्मे–

स्निग्धस्य भिषजा स्वेदः कर्त्तव्यो गुल्मशान्तये ।।५।।

5. After *snehana* (oleation) therapy, the patient suffering from *gulma* should be given fomentation therapy for getting relief from the ailment.

(Cakradatt)

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स्वेदगुणः–

स्रोतसांमार्दवंकृत्वाजित्वामारुतमुल्बणम् । भित्त्वाविबन्धंस्निग्धस्य स्वेदी गुल्मान् व्यपोहति ।।६।।

6. *Svedana* (Fomentation), administered after *snehana* (oleation) therapy softens the channels of circulation, alleviates the aggravated *vāta* and relieves constipation as a result of which *gulma* is cured.

(Cakradatt)

गुल्मोपयुक्तस्वेदननामानि–

कुम्भीपिण्डेष्टकास्वेदान्कारयेत्कुशलोभिषक् । उपनाहाश्चकर्त्तव्याःसुखोष्णाःशाल्वणादयः ।।७।।

7. The expert physician should administer *kumbhī*, *piṇḍa* and *iṣṭaka* types of fomentation in addition to *upanāha* (application of hot ointment) and lukewarm *salvaṇa* type of *Svedana* (Fomentation).

(Cakradatt)

गुल्मे शोणितावसेकः–

स्थानवसेको रक्तस्य बाहुमध्ये शिराव्यधः । स्वेदोऽनुलोमनञ्चैव प्रशस्तं सर्वगुल्मिनाम् ।।८।।

8. Bloodletting should be performed from the place where *gulma* is located and venesection should be done in the middle of the arm. *Svedana* (Fomentation) and *anulomana* (which helps in the downward movement of *vāta*) therapies are useful for all types of *gulma*.

(Cakradatt)

गुल्मिनां पथ्यानि–

पेया वातहरैःसिद्धा कौलत्था धान्वना रसाः । खडाः सपञ्चमूलाश्च गुल्मिनां भोजने हिताः ।।९।।

9. *Peya* (thin gruel without containg any grains in it) prepared by boiling the drugs belonging to *vāta hara* (alleviator of *vāta*) group, soup of *kulattha* and meat of animals inhabiting arid land and *khaḍā* (a sour preparation) made by boiling with *daśamūla* are useful as a diet of patient who suffering from *gulma*.

(Cakradatt)

मातुलुङ्गादियोगो वातगुल्मे–

मातुलुङ्गरसो हिङ्गु दाडिमं विडसैन्धवम् । सुरामण्डेन पातव्यं वातगुल्मरुजापहम् ।।१०।।

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10. The juice of *mātulunga* mixed with *hingu*, *dāḍima*, *viḍa* and rock salt should be administered along with *surā manḍa* (alcoholic preparation) which cures the pain caused by *vātika* type of *gulma*.

(Cakradatt)

नागरादियोगः–

नागरार्धपलं पिष्टं द्वे पले लुञ्चितस्य च । तिलस्यैकं गुडपलं क्षीरेणोष्णेन पाययेत् ।।
वातगुल्ममुदावर्त्तं योनिशूलञ्च नाशयेत् ।।११।।

11. The *kalka* of *nāgara* (23 gm.), dehusked sesame seeds (23 gm.) and jaggery (46 gm.) should be administered with hot milk which cures *vāta-gulma*, *udāvarta* and pain in the female genital tract.

(Cakradatt)

एरण्डतैलप्रयोगो वातगुल्मे–

पिबेदेरण्डतैलं वा वारुणीमण्डमिश्रितम् । तदेव तैलं पयसा वातगुल्मी पिबेन्नरः ।।१२।।

12. Castor oil (25 ml.) should be administered with *vāruṇī manḍa* (a type of alcoholic preparation) (25 ml.) or water (200 ml.) to a patient suffering from *vāta gulma*.

(Cakradatt)

लशुनक्षीरम्–

साधयेच्छुद्धशुष्कस्य लशुनस्य चतुष्पलम् । क्षीरोदकेऽष्टगुणिते क्षीरशेषञ्च पाययेत् ।।१३।।
वातगुल्ममुदावर्त्तं गृध्रसीं विषमज्वरम् । हृद्रोगं विद्रधिं शोथं नाशयत्याशु तत्पयः ।।१४।।
एवन्तु साधिते क्षीरे स्तोकमेवात्र दीयते ।।१५।।

13-15. 187 gm. of dehusked and dried garlic buds should be boiled with 750 ml. measure each of milk and water. Boil the preparation down to the quantity of milk only (i.e. 768 ml.). This milk should be given for immediate cure of *vāta gulma*, *udāvarta*, *gṛidharasī* (sciatica), *viṣama jvara*, heart disease, abscess and consumption. This milk should be given in small quantities.

(Caraka)

सर्जिकाकुष्ठ-केतकीक्षारयोगौ–

सर्ज्जिकाकुष्ठसहितःक्षारःकेतकिजोऽपि वा । तैलेन पीतः शमयेद् गुल्मं पवनसम्भवम् ।।१६।।

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16. Intake of *svarjikṣāra* (500 mg.), *kuṣṭha* (500 mg.) and castor oil (25 ml.) or intake of alkali preparation of *ketakī* (500 mg.) along with castor oil (25 ml.) cures *vātika gulma*.

(Cakradatt)

आवस्थिकक्रियासूत्रम्–

चूवातगुल्मे कफे वृद्धेवान्तिश्र्णादि चेष्यते । पित्ते विरेचनं स्निग्धं रक्ते रक्तस्य मोक्षणम् ।।१७।।

17. If *kapha* gets aggravated in a patient suffering from *vāta gulma*, then *vamana* (emetic) therapy should be administered. If *pitta* gets aggravated in a patient of *vāta gulma*, then unctuous purgatives should be administered, and if *rakta* (blood) gets vitiated then blood letting therapy should be given.

(Cakradatt)

हेतुविशेषजपैत्तिकगुल्मचिकित्सा–

स्निग्धोष्णेनोदिते गुल्मे पैत्तिके स्रंसनं हितम् । रूक्षोष्णेन तु सम्भूते सर्पिः प्रशमनं परम् ।।१८।।

18. Treatment of *Pitta Gulma*: If *pitta gulma* is caused by excessive intake of the unctuous and hot eatables, then *praśamana* (mild laxative) is useful. The intake of *ghṛitam* is also an excellent method for its alleviation.

(Cakradatt)

पित्तगुल्मे स्नेहनवैशिष्ट्यम्–

काकोल्यादिमहातिक्तवासाद्यैः पित्तगुल्मिनम् । स्नेहितं स्रंसयेत्पश्चाद्योजयेद्वस्तिकर्मणा ।।१९।।

19. The patient of *pitta gulma* should be given *snehana* (oleation), mild *virecana* (purgation) and medicated *basti* (enema) therapies and for all these measures drugs belonging to *kākolyādi*, *mahātikta* and *vasādi* groups should be used.

(Vangasen)

काम्पिल्लप्रयोगः पित्तगुल्मे–

स्निग्धोष्णजेपित्तगुल्मेकाम्पिल्लंमधुनालिहेत् । रेचनार्थीरसंवाऽपि द्राक्षायाः सगुडं पिबेत् ।।२०।।

20. *Pitta gulma* caused by excessive intake of unctuous and hot eatables should be treated by the administration of *kampillaka* (3-5 gm.) with honey. For *virecana* (purgation), the patient may be given the juice of *drākṣā* (100 ml.) along with jaggery (15 gm.).

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त्रिवृच्चूर्णं काम्पिल्लचूर्णं च पित्तगुल्मे (यो. र.)–

पित्तगुल्मेत्रिवृच्चूर्णंपातव्यं त्रिफलाऽम्बुना । विरेचनार्थं ससितं काम्पिल्लं च समाक्षिकम् ।।२१।।

21. In cases of *pitta*-generated *gulma*, to perform *virecana* therapy, one should drink decoction of *triphalā* herbs (100 ml.) by adding to it the powder of *trivrit* (5 gm.). Also, one should consume powder of *kāmpilla* along with honey and sugar.

(*Yoga Ratnākar*)

द्राक्षादित्रिफलायोगौ (यो. र.)–

द्राक्षाऽभयारसं गुल्मे पैत्तिके सगुडं पिबेत् । सशर्करं वा विलिहेत्त्रिफलाचूर्णमुत्तमम् ।।२२।।

22. In *paittika gulma*, one should drink decoction of *drākṣā* and *haraḍa* (50 ml.) and raisins by mixing some *guḍa* (jaggery)into it. Also, one should lick honey (5 gm.) by adding to it the powder of *triphalā* (5 gm.) along with sugar (5 gm.).

(*Yoga Ratnākar*)

द्राक्षादिपानम् (अ. ह. चि. अ. १४)–

द्राक्षां पयस्यां मधुकं चन्दनं पद्मकं मधु । पिबेत्तण्डुलतोयेन पित्तगुल्मोपशान्तये ।।२३।।

23. Patients suffering from *paittika gulma* should lick honey along with 10 gm. each of the powders of grapes, *vidārī kanda*, *madhuyaṣṭī*, white sandalwood and *padmaka*. Following this, one should also drink rice-washing (*taṇḍulodaka*) (200 ml.).

(*Aṣṭānga Hṛidaya*)

आमलकीकषायः–

आमलकीकषायः स्यात्ससितः पित्तगुल्मनुत् ।।२४।।

24. To provide relief from *paittika gulma*, one should drink decoction (50 ml.) of *āmalakī* by mixing sugar (10 gm.) to it.

विदह्यमाने गुल्म उपनाहनम्–

दाहशूलानिलक्षोभस्वप्ननाशारुचिज्वरैः । विदह्यमानं जानीयाद् गुल्मं तदुपानाहयेत् ।।२५।।

25. Burning sensation, colic pain, miserable feeling, sleeplessness, anorexia and fever-these signs and symptoms indicate the suppuration of *gulma*. Such patients should be treated with *upanāha* (hot ointment).

(Cakradatt)

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पक्वगुल्मचिकित्सा–

पक्वे तु व्रणवत् कार्यं व्यधशोधनरोपणम् । स्वयमूर्ध्वमधो वाऽपि स चेद्दोषः प्रवर्त्तते ।।२६।।
द्वादशाहमुपेक्षेत रक्षन्नन्यानुपद्रवान् । परन्तु शोधनं सर्पिः शुद्धे समधुतिक्तकम् ।।२७।।

26-27. If the growth in *gulma* is fully suppurated, then it takes a bolus form and gets elevated with several peaks. There will be reduction in pain. The area becomes grayish black and it feels as if a bladder is being palpated. In such a condition *virecana* (purgation) and healing (*ropaṇa*) therapies should be administered. If the faulty material comes out on its own by upward or downward tracts, then the physician should wait for twelve days and during this period only complications, if any, should be treated. The best healing therapy is pure *ghṛitam* mixed with honey and bitter drugs.

(Cakradatt)

श्लेष्मगुल्मचिकित्सा (यो. र.)–

स्नेहोपनाहनस्वैदैस्तीक्ष्णस्रंसनवस्तिभिः । योगैश्च वातगुल्मोक्तैः श्लेष्मगुल्ममुपाचरेत् ।।२८।।

28. To treat *śleṣma gulma*, one should make use of the combination of all anti-*vāta gulma* and anti-*śleṣma gulma* drugs. And, one can also perform therapies like *sneha*, *upanāha*, *svedana* and *tīkṣana-stransan basti*.

(*Yoga Ratnākar*)

कफगुल्मे घृतपानविधिः–

लङ्घनोल्लेखने स्वेदे कृतेऽग्नौ सम्बुभुक्षिते । घृतं सक्षारकटुकं पातव्यं कफगुल्मिना ।।२९।।

29. For the treatment of *kaphaja gulma*, *ghṛitam* cooked along with *kaṭuka* should be administered when the digestive power is stimulated after the administration of *langhaṇa* (fasting), *vamana* (emetic) and fomentation therapies.

(Cakradatt)

वमनार्हगुल्मिनो लक्षणम्–

मन्दोऽग्निर्वेदना मन्दा गुरुस्तिमितकोष्ठता । सोत्क्लेशताऽरुचिर्यस्य स गुल्मी वमनोपगः ।।३०।।

30. Patients suitable for *vamana* (emetic) therapy: The patient suffering from *gulma*, who has less of digestive power, less of pain, heaviness, sluggish digestive tract, nausea and anorexia, is suitable for the administration of *vamana* (emetic) therapy.

(Cakradatt)

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कफगुल्मे विशेषोपचारः–

मन्देऽग्नावनिले मूढे ज्ञात्वासस्नेहमाशयम् । गुडिकाचूर्णनिर्यूहाः प्रयोज्याः कफगुल्मिनाम् ।।३१।।

31. The patient suffering from *kaphaja gulma* has generally sluggish digestive power and sluggish movement of *vāta*. To such patients, *snehana* (oleation) therapy should be administered, and thereafter, other medicines in the form of pills, powder or decoction should be given.

(Cakradatt)

पिप्पल्यादिचूर्णम्–

पिप्पलीपिप्पलीमूलचित्रकाजाजिसैन्धवम् । युक्ता पीता सुरा हन्ति गुल्ममाशु सुदुस्तरम् ।।३२।।

32. Pippalyādi Cūrṇam:

Alcohol (100 ml.) taken along with the powder (3-5 gm. in combination) of *pippalī*, *pippalīmūla*, *citraka*, *ajājī* and rock salt (taken in equal parts) instantaneously cures even serious types of *gulma*.

(Cakradatt)

वचादिकषायः–

वचा विश्वौषधं पिप्पल्यूषणं च यवानिका । नक्तमेषां कृतः क्वाथः कोष्णः पेयः समाक्षिकः ।
कथितं भिषजां वन्द्यः कफगुल्मस्य पाचनम् ।।३३।।

33. Vacādi Kāṣāya:

Ingredients: *Vacā*, dried dinger, *pippalī*, *marica*, caraway seeds, water and honey.

Process of Drug-Making: Take adequate quantities of *vacā*, dried dinger, *pippalī*, *marica* and caraway seeds. Thickly ground them and obtain 25 gm. of their mix. Decoct this mix along with water measuring 400 ml. till its original quantity is reduced to one fourth. Following this, sieve the decoction and add small quantity of honey (10-20 gm.) to it.

Method of use/Administration: The same is to be consumed in *kośna* form at nights before going to sleep.

Therapeutic benefits: This '*Vacādi Kvātha*' is said to be a great medicine to stimulate digestive power.

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त्रिफलादिचूर्णम्–

सुरया वा वराक्वाथे-नैवपीताविशेषतः । त्रिफला चविका व्योषं कट्फलं वटवल्कलम् ।।३४।।
एषां चूर्णं समांशानां तूर्णं पूर्णं सुखप्रदम् । श्लेष्मगुल्मामयार्त्तानां मतं सद्भिषजां परम् ।।३५।।

34-35. Triphalādi Cūrṇam:

Ingredients: *Haraḍa*, *vibhītaka*, *āmalakī*, *cavya*, dried ginger, *marica*, *pippalī*, *kaṭphala* and *vāta*.

Process of Drug-Making: This is a powder-based formula involving all the ingredients in equal parts.

Method of use/Administration: Patients of *gulma* should be given *madya* (liquor) or decoction (100 ml.) of *triphalā* along with powders of *haraḍa*, *vibhītaka*, *āmalakī*, *cavya*, dried ginger, *marica*, *pippalī*, *kaṭphala* and *vāta* (3 gm. each).

Therapeutic benefits: This '*Triphalādi Cūrṇa*' would effectively provide relief from *śleṣmikagulma*.

तिलादिस्वेदः–

तिलैरण्डातसीबीजसर्षपैःपरिलिप्यच । श्लेष्मगुल्ममयः पात्रैः सुखोष्णैः स्वेदयेद् भिषक् ।।३६।।

36. In an iron pan, *tila*, *eraṇḍa*, *atasī* and *saṣarpa* seeds should be kept and ignited. With this (slightly warm pot), the patient suffering from *kaphaja gulma* should be fomented.

(Cakradatt)

तक्रप्रयोगः–

यमानीचूर्णितं तकं बिडेन लवणीकृतम् । पिबेत्सन्दीपनं वातमूत्रवर्चोऽनुलोमनम् ।।३७।।

37. Butter-milk (250 ml.) added with *yamānī* powder (2 gm.) and *viḍa* type of salt (2 gm.) should be given. It stimulates the power of digestion and helps in the downward movement of flatus, urine and stool.

(Cakradatt)

द्वन्द्वजत्रिदोषजगुल्मचिकित्सा–

व्यामिश्रदोषे व्यामिश्रः सर्व एव क्रियाक्रमः । सन्निपातोद्भवे गुल्मे त्रिदोषघ्नो विधिर्हितः ।।३८।।

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38. If *gulma* is caused by the simultaneous vitiation of two *doṣas*, then treatment in respect of these two *doṣas* should be administered. If, however, all the three *doṣas* are simultaneously vitiated to cause *gulma*, then treatment in respect of all the three *doṣas* combined should be administered.

(Cakradatt)

वरुणादिक्वाथः–

वरुणो बकपुष्पञ्च बिल्वापामार्गचित्रकाः । अग्निमन्थद्वयं शिग्रुद्वयञ्च बृहतीद्वयम् ।।३९।।
सैरेयकत्रयं मूर्वा मेषशृङ्गी किरातकः । अजशृङ्गी च बिम्बी च करञ्जश्च शतावरी ।।४०।।
वरुणादिगणक्वाथः कफमेदहरःस्मृतः । हन्ति गुल्मं शिरःशूलं तथाऽऽभ्यन्तरविद्रधीन् ।।४१।।

39-41. Varuṇādi Kvātha:

Ingredients: Herbs belonging to *varuṇādi* group: bark of *varuṇa*, flowers of *agastya* tree, bark of *bilva*, *apāmārga*, bark of *citraka*, barks of both types of *araṇī*, bark of both varieties of *śobhāñjana*, root of lesser and bigger varieties of *vyāghrī*, all three varieties of the plant *sahacarā* (white, yellow and blue), *mūrvā*, *meṣaśṛingī*, *kirātatikta*, *ajaśṛingī*, *bimbi*, *karañja* and *śatāvarī*.

Process of Drug-Making: Take the following herbs belonging to *varuṇādi* group in equal parts: bark of *varuṇa*, flowers of *agastya* tree, bark of *bilva*, *apāmārga*, bark of *citraka*, barks of both types of *araṇī*, bark of both varieties of *śobhāñjana*, root of lesser and bigger variety of *vyāghrī*, all three varieties of *sahacarā* (white, yellow and blue), *mūrvā*, *meṣaśṛingī*, *kirātatikta*, *ajaśṛingī*, *bimbi*, *karañja* and *śatāvarī*. Thickly ground them and obtain 24 gm. measure of their mix. Decoct this mix along with water measuring 384 ml. till the original quantity is reduced to one fourth. Sieve the decoction.

Method of use/Administration: Drink it by adding to the decoction a little quantity of honey.

Therapeutic benefits: This *Varuṇādi* decoction is very much helpful in alleviating *kapha* disorders, obesity (*medovṛiddhiroga*), *śirahśūla*, and *vidradhi* of *yakṛit*, *plīhā*, *garbhāśaya* and other similar parts.

(Śārangdhar)

वचाद्यं चूर्णम्–

वचाबिडाभयाःशुण्ठीहिङ्गु कुष्ठाग्निदीप्यकाः । द्वित्रिषट्चतुरेकाष्टसप्तपञ्चांशिकाः क्रमात् ।।४२।।
चूर्णं मद्यादिभिः पीतं गुल्मानाहोदरापहम् । शूलार्शःश्वासकासघ्नं ग्रहणीदीपनं परम् ।।४३।।

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42-43. Vacādya Cūrṇam:

Ingredients: *Vacā*, *viḍa*, *abhayā*, *śunṭhī*, *hingu*, *kuṣṭha* and *agnidipaka*.

Process of Drug-Making: Obtain the ingredients in the following measures: *vacā* (24 gm.), *viḍa* (36 gm.), *abhayā* (72 gm.), *śunṭhī* (48 gm.), *hingu* (96 gm.), *kuṣṭha* (84 gm.) and *agnidīpaka* (60 gm.). Powder them together.

Method of use/Administration: Consume the recipe in doses of 2-4 gm. along with liquor or warm water.

Therapeutic benefits: It cures *gulma*, *ānāha* (abdominal distension), *udara* (abdominal diseases including ascites), colic pain, piles, asthma and coughs. It is an excellent stimulant of the functioning of *grahaṇī* (small intestine including duodenum.)

(Cakradatt)

वचादिचूर्णम् (द्वितीयम्)

वचा हरीतकी हिङ्गु सैन्धवं साम्लवेतसम् । यवक्षारं यमानीञ्च पिबेदुष्णेन वारिणा ।।४४।।
एतद्धि गुल्मनिचयं सशूलं सपरिग्रहम् । भिनत्ति सप्तरात्रेण वह्नेर्वृद्धिं करोति च ।।४५।।

44-45. Vacādi Cūrṇam (Second Recipe):

Ingredients: Powders of *vacā*, *harītakī*, *hingu*, rock salt, *amalavetasa*, *yavakṣāra* and *yamānī*.

Process of Drug-Making: Take equal parts of the powders of *vacā*, *harītakī*, *hingu*, rock salt, *amalavetasa*, *yavakṣāra* and *yamānī*. Thoroughly compound these materials together into a fine powder.

Method of use/Administration: Take this medicinal powder in doses of 1-2 gm. along with hot water.

Therapeutic benefits: Within seven days, this cures *gulma* that is associated with colic pain and which is deeply located. It also promotes the power of digestion.

(Cakradatt)

यमान्यादिचूर्णम्–

यमानी हिङ्गुसिन्धूत्थक्षारसौवर्चलाभयाः । सुरामण्डेन पातव्या गुल्मशूलनिसूदनाः ।।४६।।

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46. Yamānyādi Cūrṇam:

Ingredients: *Yavānī*, *hingu*, rock-salt, *kṣāra* (alkali preparation), *sauvarcala* and *abhayā*.

Process of Drug-Making: Thoroughly compound the powders of the following taken in equal parts: *yavānī*, *hingu*, rock-salt, *kṣāra* (alkali preparation), *sauvarcala* and *abhayā*. Combine them together.

Method of use/Administration: It should be taken with *surāmānda* (a type of alcoholic preparation).

Therapeutic benefits: It cures *gulma* and colic pain.

(Cakradatt)

हिङ्ग्वादिचूर्णम् (प्रथमम्)–

हिङ्गूग्रगन्धाविडशुण्ठ्यजाजीहरीतकीपुष्करमूलकुष्ठम् ।
भागोत्तरंचूर्णितमेतदष्टगुल्मोदराजीर्णविसूचिकासु ।।४७।।

47. Hingavādi Cūrṇam:

Ingredients: *Hingu*, *ugragandhā*, *viḍa*, *śunṭhī*, *ajājī*, *harītakī*, *puṣkaramūla*, and *kuṣṭha*.

Process of Drug-Making: Take *hingu* (12 gm.), *ugragandhā* (24 gm.), *viḍa* (36 gm.), *śunṭhī* (48 gm.), *ajājī* (60 gm.), *harītakī* (72 gm.), *puṣkaramūla* (84 gm.), and *kuṣṭha* (96 gm.). Compound these materials together into a powder.

Dosage: 3 gm. along with warm water.

Therapeutic benefits: It is useful in the treatment of *gulma*, *udara* (abdominal diseases including ascites), indigestion and *viṣūcīkā* (choleric diarrhoea).

(Caraka)

हिङ्ग्वादिचूर्णम् (द्वितीयम्)–

हिङ्गु पुष्करमूलानि तुम्बुरूणि हरीतकी । श्यामा विडं सैन्धवञ्च यवक्षारं महौषधम् ।।४८।।
यवक्वाथोदकेनैतद् घृतभृष्टन्तु पाययेत् । तेनास्य भिद्यते गुल्मः सशूलः सपरिग्रहः ।।४९।।

48-49. Hingavādi Cūrṇam (Second Recipe):

Ingredients: *Hingu*, *puṣkaramūla*, *tumburu*, *harītakī*, *śyāmā*, *viḍa*, rock salt, *yavakṣāra*, *mahauṣadha* and *ghṛitam*.

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Process of Drug-Making: Take equal parts of *hingu*, *puṣkaramūla*, *tumburu*, *harītakī*, *śyāmā*, *viḍa*, rock salt, *yavakṣāra* and *mahauṣadha*. Compound them together into a fine powder and fry the mix in *ghṛitam*.

Method of use/Administration: This powder should be administered in doses of 3 gm. along with the decoction of barley (50 ml.).

Therapeutic benefits: It cures *gulma*, deeply located and associated with colic pain.

हिङ्ग्वादिचूर्णं वटिका च (तृतीयम्)–

हिङ्गु त्रिकटुकं पाठां हवुषामभ्यां शटीम् । अजमोदाजगन्धे च तिन्तिडीकाम्लवेतसौ ।।५०।।
दाडिमंपौष्करं धान्यमजाजीं चित्रकं वचाम् । द्वौ क्षारौ लवणे द्वे च चव्यञ्चैकत्र चूर्णयेत् ।।५१।।
चूर्णमेतत्प्रयोक्तव्यमनुपानेष्वनत्ययम् । प्राग्भक्तमथवा पेयं मद्येनोष्णोदकेन वा ।।५२।।
पार्श्वहृद्वस्तिशूलेषु गुल्मे वातकफात्मके । आनाहे मूत्रकृच्छ्रेषु गुदयोनिरुजासु च ।।५३।।
ग्रहण्यर्शोविकारेषुप्लीह्नि पाण्ड्वामयेऽरुचौ । उरोविबन्धे हिक्कायां श्वासे कासे गलग्रहे ।।५४।।
भावितंमातुलुङ्गस्यचूर्णमेतद्रसेनवा । बहुशोगुडिकाः कार्याः कार्षिकाः स्युस्ततोऽधिकाः ।।५५।।

50-55. Hingavādi Cūrṇam (third recipe):

Ingredients: *Hingu*, *tṛikaṭu*, *pāṭhā*, *havuṣā*, *abhayā*, *śaṭī*, *ajamodā*, *ajagandhā*, *tintiḍikā*, *āmlavetasa*, *dāḍima*, *puṣkaramūla*, *dhānya*, *ajājī*, *citraka*, *vacā*, *svarjikṣāra*, *yavakṣāra*, rock salt, *samudra lavaṇa* and *cavya*.

Process of Drug-Making: Obtain the following in equal parts: *hingu*, *tṛikaṭu*, *pāṭhā*, *havuṣā*, *abhayā*, *śaṭī*, *ajamodā*, *ajagandhā*, *tintiḍikā*, *āmla vetasa*, *dāḍima*, *puṣkaramūla*, *dhānya*, *ajājī*, *citraka*, *vacā*, *svarjikṣāra*, *yavakṣāra*, rock salt, *samudra lavaṇa* and *cavya*. Compound all these materials together into a powder.

Method of use/ Administration and Therapeutic benefits: This powder should be taken in doses of 2-3 gm. along with food and drinks or before food along with *madya* (alcoholic drink) or hot water for the alleviation of pain in cases of pleurisy, heart as well as urinary bladder, *vātika gulma*, *kaphaja gulma*, *ānāha* (abdominal distension), dysuria, pain in anus as well as female genital tract, *grahaṇī* (sprue syndrome), piles, spleen related disorder, anemia, anorexia, stiffness of the chest, hic-cups, *kāsa* (coughs), dyspnoea and obstruction in the throat.

Note:This medicinal powder could be triturated with the juice of *mātulunga* and pills should be prepared out of it. These pills are called *Hingavādi Guḍikā*. This *guḍikā* is also capable to treat effectively all the diseases referred above.

(Caraka)

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लवङ्गादिचूर्णम्–

लवङ्गदन्तीत्रिवृतायमानीशुण्ठीवचा धान्यकचित्रकाणि ।
फलत्रयं मागाधिका च कट्वी द्राक्षा चवी गोक्षुरयावशूकम् ।।५६।।
एलाऽजमोदा कुटजस्य बीजंविधाय चूर्णानि समान्यममीषाम् ।
खादेत्ततः पाणितलं हिताशी कोष्णं जलं चानुपिबेत् प्रयत्नात् ।।५७।।
निहन्ति गुल्मं सरुजं सदाहमर्शांसि शोथांश्च तथाऽऽमवातम् ।
सर्वोदराण्येव चिरोत्थितानि चूर्णं लवङ्गादिकमाशु हन्ति ।।५८।।

56-58. Lavangādi Cūrṇam:

Ingredients: Clove, root of *dantī*, *tṛivṛit* (*niśotha*), caraway seeds, dried ginger, *vacā*, coriander, bark of *citraka*, *haraḍa*, *vibhītaka*, *āmalakī*, *pippalī*, *kaṭukī*, grapes, *cavya*, *gokṣura*, *yavakṣāra*, smaller cardamom, *ajamodā* and *indrayava*.

Process of Drug-Making: Take equal parts of all the ingredients. Ground all of them into a fine powder and sieve it.

Method of use/Administration: This powder is to be taken in doses of 5 gm. and lukewarm water should be drunk after it.

Therapeutic benefits: This medicine effectively provides relief from *gulma* having pain and burning sensation, *arśa*, *śotha*, *āmavāta* and all types of the chronic problems of gastrointestinal tract.

रक्तगुल्मचिकित्सा–

रौधिरस्य तु गुल्मस्य गर्भकालव्यतिक्रमे । स्निग्धस्विन्नशरीरायै दद्यात् स्निग्धं विरेचनम् ।।५९।।

59. In cases of *rakta gulma*, if there is likelihood of pregnancy, then, the treatment should be started after the pregnancy period. In such circumstances, first of all the patient should be treated with *sneha pāna* and subsequently with *svedana* therapy. Later on, *snighda virecana* should be performed with *eraṇḍa* oil and similar materials.

(Cakradatt)

शताह्वादिकल्कः–

शताह्वाचिरबिल्वत्वग्दारुभार्गीकणोद्भवः । कल्कःपीतोहरेद्गुल्मंतिलक्वाथेन रक्तजम् ।।६०।।

60. Śatāhvādi Kalka:

Ingredients: Aniseeds, bark of *karañja*, *devadāru*, *bhārgī* and *pippalī*.

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Process of Drug-Making: Take equal parts of the *śatāhvā*, bark of *karañja*, *devadāru*, *bhārgī* and *pippalī*. Combine these materials and obtain 4-6 gm. of their mix. Prepare *kalka* out of it.

Method of use/Administration: Drink the *kalka* along with the sesame decoction suggested below.

Therapeutic benefits: This would help in alleviating *rakta gulma* disorder.

(Cakradatt)

तिलक्वाथो रक्तगुल्मनष्टार्त्तवयोः–

तिलक्वाथो गुडव्योषहिङ्गुभार्गीयुतो भवेत् । पानं रक्तभवे गुल्मे नष्टे पुष्पे च योषिताम् ।।६१।।

61. Thickly ground the *pañcānga* of the sesame plant and obtain 24 gm. of the compound. Decoct the same in water measuring half litre till the original quantity is reduced to one quarter. Remove the decoction and sieve it. Drink it by adding to it raw sugar measuring 12 gm., 500 mg. each of the powdered dried ginger, *marica* and *bhārgī* and 250 mg. each of *pippalī* powder and purified *hingu*. This decoction would effectively check *rakta gulma* and menstrual problems.

(Cakradatt)

किंशुकक्षारधात्रीरस-क्षारव्यूषणप्रयोगौ–

पितो धात्रीरसो युक्तया किंशुकक्षारसाधितः । क्षारव्यूषणसंयुक्ता मदिरा चास्रगुल्मनुत् ।।६२।।

62. 1. Take *palāśa bhasma* and mix it in juice of *āmalakī* measuring six times greater in weight. Sieve the liquid with cloth for 21 times. Drinking this liquid would effectively alleviate the problem of *rakta gulma*. 2. Obtain dried ginger, black *marica*, *pippalī* and *yavakṣāra* measuring 12 gm. each. Mortar them into a fine powder and store the recipe in a glass bottle. Consume this powder in doses of 2-4 gm. along with *madya* (*pippalyāsava* or *drākṣāriṣṭa*) measuring 24 gm.. This would also help in checking the *rakta gulma* disorder.

धात्रीरसप्रयोगः–

पीतो धात्रीरसो युक्तो मरिचैश्चास्रगुल्मनुत् ।।६३।।

63. Obtain juice of green *āmalakī* measuring 50 ml. and add to it the powder of black pepper measuring 1 gm. Drink this fluid daily to get rid of *rakta gulma*.

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रक्तगुल्मभेदनक्रमः–

उष्णैर्वा भेदयोद्भिन्ने विधिरासृग्दरो हितः । न प्रभिद्येत यद्येवं दद्याद्योनि विशोधनम् ।।६४।।

64. In cases of *rakta gulma*, the contaminated blood should be treated and removed with warm drugs. After removing the contaminated blood, if bleeding does not stop, then one should make use of all the medicines which are recommended in the treatment of *asṛigdar* (*rakta pradara*). If the *rakta gulma* is not treated by the above mentioned methods, then one should treat the case through the method suggested below along with the *yoniśodhaka* drugs.

वर्त्तिप्रयोगः–

क्षारेण युक्तं पललं सुधाक्षीरेण वा पुनः । रुधिरेऽतिप्रवृत्ते तु रक्तपित्तहरी क्रिया ।।६५।।

65. Take 12 gm. measure of sesame seeds and pulverize the same on a stone slab along with water. Add to it 1 gm. of *kṣāras* (obtained from the plant *palāśa*, and the *yavakṣāra* and *svarjikṣāra*) and prepare *varttī* out of them. Also add to it small quantity of latex of *sehunḍa* and again make a *varttī*. Placing this *varttī* near the vagina would help in cleaning the same. After removing the contaminated blood, if bleeding does not stop, then one should consider treating the same with *raktapitta* medication.

(Cakradatt)

पलाशक्षारघृतप्रयोगः (यो. र.)–

पलाशक्षारतोयेन सर्पिः सिद्धं पिबेद्वधूः । यस्मिन्नवसरे क्षारतोयसाध्यघृतादिषु ।।६६।।
फेनोद्गमस्य निर्वृत्तिर्नष्टदुग्धसमाकृतिः । स एव तस्य पाकस्य कालो नेतरलक्षणः ।।६७।।

66-67. Take 750 ml. measure of cow *ghṛitam* and 3 litre measure of water treated with the *palāśakṣāra*. Cook both these materials together. After cooking, collect the preparation in a vessel. Take this medicinal *ghṛitam* in doses of 12 gm. along with warm milk to get rid of *rakta gulma* disorder. While cooking, when the preparation boils and foams discontinue to appear therein, then it should be understood that the preparation is ready for use. The *palāśa kṣāra* has the characteristics of the *toya ghṛitam*. The characteristics pertaining to preparation of other *ghṛitams* has not been not considered here.

(*Yoga Ratnākar*)

काङ्कायनगुडिका–

शटी पुष्करमूलञ्च दन्ती चित्रकमाढकीम् । शृङ्गबेरं वचाञ्चैव पलिकानि समाहरेत् ।।६८।।

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त्रिवृतायाः पलञ्चैकं कुर्यात् त्रीणि च हिङ्गुनः । यवक्षारं पले द्वे तु द्वे पले चाम्लवेतसात् ।।६९।।
यमान्यजाजी मरिचं धान्यकञ्चेति कार्षिकम् । उपकुञ्चयजमोदाभ्यां तथा चाष्टमिकामपि ।।७०।।
मातुलुङ्गरसेचैतागुडिकाःकारयेद्भिषक् । आसाञ्चैकांपिबेद्द्वे वा तिस्रो त्राऽथ सुखाम्बुना ।।७१।।
अम्लैर्मद्यैश्च यूषैश्च घृतेन पयसाऽथवा । एषा काङ्कायनोक्ता च गुडिका गुल्मनाशिनी ।।७२।।
अर्शो हृद्रोगशमनी क्रिमीणाञ्च विनाशिनी । गोमूत्रयुक्ता शमयेत् कफ़गुल्मं चिरोत्थितम् ।।७३।।
क्षीरेण पित्तगुल्मञ्च मद्यैरम्लैश्च वातिकम् । त्रिफलारसमूत्रैश्च नियच्छेत् सान्निपातिकम् ।
रक्तगुल्मे च नारीणामुष्ट्रीक्षीरेण पाययेत् ।।७४।।

68-74. Kāñkāyana Guḍikā:

Ingredients: *Śatī*, *puṣkaramūla*, *dantī*, *citraka*, *ādhakī*, *śṛīngavera*, *vacā*, *tṛivṛit*, *hingu*, *yavakṣāra*, *āmlavetasa*, *yamānī*, *ajājī*, *marica*, *dhānyaka*, *aṣṭamika*, *upakunci*, *ajamodā* and juice of *mātulunga*.

Process of Drug-Making: Obtain 50 gm. each of *śaṭī*, *puṣkaramūla*, *dantī*, *citraka*, *ādhaki*, *śṛīngavera*, *vacā* and *tṛivṛit*, 150 gm. of *ḥingu*, 100 gm. each of *yavakṣāra* and *āmlavetasa*, 12 gm. each of *yamānī*, *ajājī*, *marica* and *dhānyaka* and 23 gm. each of *upakunci* and *ajamodā*. Triturate all these materials together along with juice of *mātulunga*. Prepare pills out of the mix.

Method of use/ Administration and Therapeutic benefits: These pills should be taken along with lukewarm water, sour juice, alcoholic drinks, vegetable soup, *ghṛitam* or milk. This recipe has been propounded by sage Kāñkāyana. It cures *gulma*, piles, heart diseases and parasitic infestation. Along with cow's urine, it cures chronic *kaphaja gulma*. Along with milk, it is capable of curing *paittika gulma*. Along with alcoholic drinks and sour juice, the medicine cures *vātika gulma*. Along with *tṛiphalā* decoction or cow's urine, it cures *sannipātika gulma*. For the *rakta gulma* in females, it should be administered along with the camel-milk.

(Cakradatt)

वज्रक्षारम् (र. सा. सं.)–

सामुद्रं सैन्धवं काचं यवक्षारं सुवर्चलम् । टङ्कणं सर्जिकाक्षारं तुल्यं सर्वं विचूर्णयेत् ।।७५।।
अर्कक्षीरैःस्नुहीक्षीरैरातपेभावयेत्त्र्यहम् । तेन लिप्त्वाऽर्कपत्रञ्च रुद्ध्वा चान्तः पुटे पचेत् ।।७६।।
तत्क्षीरं चूर्णयेत्पश्चात् त्र्यूषणं त्रिफलारजः । जीरकं रजनी वह्निर्नवभागं समं समम् ।।७७।।
क्षाराद्धमेव सर्वं च एकीकृत्य प्रयोजयेत् । वज्रक्षारमिदं सिद्धं स्वयं प्रोक्तं पिनाकिना ।।७८।।
सर्वोदरेषु गुल्मेषु शूलदोषेषु योजयेत् । अग्निमान्द्येऽप्यजीर्णेऽपि भक्ष्यं निष्कद्वयं द्वयम् ।।७९।।
वाताधिके जलं कोष्णं घृतं वा पैत्तिके हितम् । कफे गोमूत्रसंयुक्तमारनालं त्रिदोषजे ।।८०।।

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75-80. Vajra Kṣāram:

Ingredients: *Samudra lavaṇa*, rock salt, *kāca lavaṇa*, *yavakṣāra*, *sauvarcala lavaṇa*, *tañkaṇa*, *svarjikṣāra*, latex of *arka* and *snuhī*, *kṣāra* (alkali preparation), *tryūṣṇa*, *triphalā*, *jīraka*, *rajanī* and *vahini*.

Process of Drug-Making: Get equal parts (i.e. 100 gm. each) of *samudra lavaṇa*, rock salt, *kāca lavaṇa*, *yavakṣāra*, *sauvarcala lavaṇa*, *tañkaṇa* and *svarjikṣāra*. Compound all these materials together into a powder. Triturate and mortar this powder together using latex of *arka* (100 ml.) and *snuhī* (100 ml.) for three days each while exposing the recipe to sun. Get the leaves of *arka* smeared with this *kalka*, keep them in a vessel that is sealed. Cook this preparation by keeping the vessal in a pit. Pulverize the *kṣāra* (alkali preparation) thus obtained into a powder. Separately, add to it powder made of *tryūṣṇa*, *triphalā*, *jīraka*, *rajanī*and *vahini* (all taken in equal quantities). Then mix this powder and the alkali preparation made earlier, together in equal quantities.

Method of use/Administration: It should be administered in a dose of 3-6 gm. along with warm milk or water or cow urine.

Therapeutic benefits: This is called *Vajra Kṣāra* and it was propounded by God Śiva himself. It is useful in all types of *udara rogas* (abdominal diseases including ascites), *gulma* (phantom tumour), colic pain, edema, suppression of the power of digestion and indigestion.

(*Rasendra Sār Sangraha*)

दन्तीहरीतकी–

जलद्रोणेविपक्तव्याविंशतिः पञ्च चाभयाः । दन्त्याः पलानि तावन्ति चित्रकस्य तथैव च ।।८१।।
तेनाष्टभागशेषेण पचेद्दन्तीसमं गुडम् । ताश्चाभयास्त्रिवृच्चूर्णात् तैलाच्चापि चतुष्पलम् ।।८२।।
पलमेकं कणाशुठ्योः सिद्धे लेहे च शीतले । क्षौद्रं तैलसमं दद्याच्चातुर्जातपलं तथा ।।८३।।
ततोलेहपलंलीढ्वा जग्ध्वा चैकां हरीतकीम् । सुखं विरिच्यते स्निग्धो दोषप्रस्थमनामयः ।।८४।।
प्लीहश्वयथुगुल्मार्शोहृत्पाण्डुग्रहणीगदाः । शाम्यन्त्युत्क्लेशविषमज्वरकुष्ठान्यरोचक. ।।८५।।

81-85. Dantī Harītakī:

Ingredients: 25 fruits of *abhayā*, *dantī*, *citraka*, water, *guḍa*, powder of *trivṛit*, *taila*, *kaṇā*, *śunṭhī*, honey and *cāturjāta*.

Process of Drug-Making: Pack the 25 fruits of *abhayā*, get 1135 gm. each of the roots *dantī* and *citraka* plants and boil them together along with the pack of fruits of *abhayā* in 12 litre of water until it is reduced to one eighth. To this

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decoction, add 1165 gm. of *guḍa*, fruits of *abhayā* removed from the pack and fried along with the sesame oil measuring 190 ml. Cook the recipe on a mild heat. When the recipe is about to get completely cooked, add to it 190 gm. of the powder of *triviṛit* and 46 gm. each of the *kaṇā* and *śunṭhī*. Cook the preparation into a confection. Allow the cooked confection to cool down. Thereafter, add 190 gm. of honey and 12 gm. each powder of the *cāturjāta* herbs to the confection and mix it well.

Method of use/Administration: The patient should take 12-46 gm. along with one fruit of *harītakī* (added earlier to the confection) by which one could have an easy *virecana* (purgation). Before taking this recipe, the patient should have taken *snehana* (oleation) therapy.

Therapeutic benefits: By this recipe the patient voids 750 gm. of waste products. It cures spleen related disorder, edema, *gulma*, piles, heart disease, anemia, jaundice, *grahaṇī* (sprue syndrome), nausea, *viṣama jvara*, *kuṣṭha* (skin diseases including leprosy) and anorexia.

(Cakradatt)

शिखिबाडवो रसः–

मारितं ताम्रसूताभ्रं गन्धकं माक्षिकं समम् । मर्दयेच्चित्रकद्रावैर्यवक्षारयुतं दिनम् ।।८६।।
द्विगुञ्जं भक्षयेन्नित्यं नावल्लीदलेन च । वातगुल्महरः ख्यातो रसोऽयं शिखिबाडवः ।।८७।।

86-87. Śikhivāḍava Rasa:

Ingredients: *Tāmra bhasma*, *rasa sindūra*, *abhraka bhasma*, purified *gandhaka*, *svarṇamākṣika bhasma*, *yavakṣāra* and decoction of *citraka* bark.

Process of Drug-Making: Obtain one part each of *tāmra bhasma*, *rasa sindūra*, *abhraka bhasma*, purified *gandhaka*, *svarṇamākṣika bhasma* and *yavakṣāra*. Properly triturate all these materials and saturate their mix with the decoction of *citraka* bark for one day. Triturate the recipe and let it dry. Store the dried drug in glass bottles.

Method of use/Administration: This '*Śikhivāḍava Rasa*' is to be taken in doses of 250 ml. along with juice of *nāgarvela* leaves.

Therapeutic benefits: This medicine is very helpful in alleviating the *gulma* generated due to *vāta*.

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नागेश्वररसः–

शुद्धसूतस्तथा गन्धो नागवङ्गौ मनःशिला । निशादलञ्च त्रिक्षारं लौहं शुल्वं तथाऽभ्रकम् ।।८८।।
चित्रको वासको दन्तीक्वाथेनैकेन मर्दयेत् । दिनैकन्तु प्रयत्नेन रसो नागेश्वरो मतः ।।८९।।
गुल्मं प्लीहपाण्डुशोथानाध्मानञ्च विनाशयेत् । भक्षयेन्माषमेकं तु पर्णखण्डेन गुल्मवान् ।।९०।।

88-90. Nāgeśvara Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *nāga bhasma*, *vanga bhasma*, purified *manahśilā*, *niśādala*, *yavakṣāra*, *svarjikṣāra*, *tañkaṇa*, *lauha bhasma*, *tāmra bhasma*, *abhraka bhasma*, latex of *snuhī* and *citraka* or *aḍuṣā* or *dantī*.

Process of Drug-Making: Take equal parts of purified *pārada*, purified *gandhaka*, *nāga bhasma*, *vanga bhasma*, purified *manahśilā*, *niśādala*, *yavakṣāra*, *svarjikṣāra*, *tañkaṇa*, *lauha bhasma*, *tāmra bhasma* and *abhraka bhasma*.

First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Impregnate the mix with latex of *snuhī* and triturate it properly for one whole day. Following this, mortar the preparation with any one of the following for one whole day: decoctions of *citraka* or *aḍuṣā* or *dantī*. Dry the drug and preserve it in bottles.

Method of use/Administration: Consume this drug in doses of 250 mg. by putting it in the pack of the betal leaves (*tāmbūlakhanḍa*).

Therapeutic benefits: The drug effectively checks indispositions like *plīhāvṛiddhi* (enlargement of spleen), *pānḍu*, *śotha* and *ādhmāna*.

गुल्मकालानलो रसः–

पारदं गन्धकं तालं ताम्रकं टङ्गणं समम् । तोलद्वयमिदं भागं यवक्षारञ्च तत्समम् ।।९१।।
मुस्तकंपिप्पली शुण्ठी मरिचं गजपिप्पली । हरीतकी वचा कुष्ठं तोलैकं चूर्णयेत् सुधीः ।।९२।।
सर्वमेकीकृतं पात्रे भावना क्रियते ततः । पर्पटं मुस्तकं शुण्ठ्यपामार्गं पापचेलिकम् ।।९३।।
तत्पुनश्चूर्णयेत्पश्चात् सर्वगुल्मनिवारणम् । गुञ्जाचतुष्टयं खादेद्धरीतक्यनुपानतः ।।९४।।
वातिकं पैत्तिकं गुल्मंश्लैष्मिकं सान्निपातिकम् । द्वन्द्वजञ्च निहन्त्याशु वातगुल्मं विशेषतः ।।९५।।
श्रीमद्गहननाथेन निर्मितो विश्वसन्मुदे ।।९६।।

91-96. Gulmakālānala Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, purified *haritāla*, *tāmra bhasma*, purified *tañkaṇa*, *yavakṣāra*, *mustā*, *pippalī*, dried ginger, black pepper, *gajapippalī*, *harītakī*, *vacā*, *kuṣṭha*, decoctions of *parpaṭa*, *mustā*, dried ginger, *apāmārga* and *pāṭhā* (*papacelika*).

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Process of Drug-Making: Obtain 23 gm. each of purified *pārada*, purified *gandhaka*, purified *haritāla*, *tāmra bhasma*, purified *tañkaṇa* and *yavakṣāra*. Also take 12 gm. each of the powders of the following herbs: *mustā*, *pippalī*, dried ginger, black pepper, *gajapippalī*, *harītakī*, *vacā* and *kuṣṭha*.

First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Impregnate the mix separately with decoctions of *parpaṭa*, *mustā*, dried ginger, *apāmārga* and *pāṭhā* (*papacelika*). Finally, triturate the mix properly and store the recipe in a glass bottle.

Method of use/Administration: This *Gulmakālānala Rasa* is to be taken in doses of 500 mg. along with powder or decoction of *harītakī* as *anupāna*.

Therapeutic benefits: This medicine is very effective in checking all types of *gulma-vātika*, *paittika*, *śleṣmika*, *sannipātika*, *dvandaja* and the like. This medicine has been prepared by Śrī Gahananāth Jī.

(*Rasendra Sār Sangraha*)

गुल्मकालानलो रसो बृहद्–

अभ्रं लौहं रसं गन्धं टङ्कणं कटुकं वचाम् । द्विक्षार सैन्धवं कुष्ठं त्र्यूषणं सुरदारु च ।।९७।।
पत्रमेलां त्वचं नागं खादिरं सारमेव च । गृहीत्वा समभागेन श्लक्ष्णचूर्णं प्रकल्पयेत् ।।९८।।
जयन्तीचित्रकोन्मत्तकेशराजदलं तथा । निष्पीड्य स्वरसं नीत्वा भावयेत्कुशलो भिषक् ।।९९।।
चतुर्गुञ्जाप्रमाणेन वटिकाः कारयेत्ततः । उत्थाय भक्षयेत्प्रातरनुपानं जलं पयः ।।१००।।
गुल्मं पञ्चविधंहन्तियकृत्प्लीहोदराणि च । कामलां पाण्डुरोगञ्च शोथं चैव सुदारुणम् ।।१०१।।
हलीमकं रक्तपित्तं मन्दाग्निमरुचिं तथा । ग्रहणीमार्दवं काश्यं जीर्णञ्च विषमज्वरम् ।।१०२।।

97-102. Gulmakālānala Rasa (Major Variety):

Ingredients: *Abhraka bhasma*, *lauha bhasma*, purified *pārada*, purified *gandhaka*, purified *tañkaṇa*, *kaṭukī*, *vacā*, *yavakṣāra*, *svarjikṣāra*, rock salt, *kuṣṭha*, dried ginger, *marica*, *pippalī*, *devadāru*, cassia leaves, cardamom, cinnamon, *nāgakeśara*, *satva* (abstract) of the plant *khadira*, juice of *jayantī* leaves, decoction of *citraka* (bark), juice of *dhatturā* and *bhṛingarāja* leaves.

Process of Drug-Making: Get 50 gm. each of the following in powdered form: *abhraka bhasma*, *lauha bhasma*, purified *pārada*, purified *gandhaka*, purified *tañkaṇa*, *kaṭukī*, *vacā*, *yavakṣāra*, *svarjikṣāra*, rock salt, *kuṣṭha*, dried ginger, *marica*, *pippalī*, *devadāru*, cassia leaves, cardamom, cinnamon, *nāgakeśara* and *satva* (abstract) of the plant *khadira*.

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First of all prepare *kajjalī* out of it and mix rest of the materials into it. Mortar the mix properly. Impregnate the mix separately with juice of *jayantī* leaves, decoction of *citraka* (bark) and juice of *dhatturā* and *bhṛingarāja* leaves. Triturate the mix again and prepare pills in measurement of 500 mg. each. Dry these pills and preserve it in glass bottle.

Method of use/Administration: During morning hours, one pill of this medicine should be taken along with lukewarm water and milk should be taken as *anupāna*.

Therapeutic benefits: This *Bṛihad Gulma Kālānala Rasa* is helpful in curing five types of *gulma*, *yakradvṛidhi*, *plīhāvṛidhi*, problems of gastrointestinal tract, jaundice, *pāṇḍu*, severe *śotha*, *halīmaka*, *rakta pitta*, *mandāgni*, *aruci* (anorexia), vitiated *grahaṇī*, *kṛiśata* and chronic cases of *viṣam jvara*.

महागुल्मकालानलो रसः–

गन्धकं तालकं ताम्रं तथैव तीक्ष्णलौहकम् । समांशं मर्दयेद् गाढं कन्यानीरेण यत्नतः ।।१०३।।
सम्पुटं कारयेत्पश्चात्सन्धिलेपञ्च कारयेत् । ततो गजपुटं दत्त्वा स्वाङ्गशीतं समुद्धरेत् ।।१०४।।
द्विगुञ्जां भक्षयेद् गुल्मी शृङ्गबेरानुपानतः । सर्वं गुल्मं निहन्त्याशु भास्करस्तिमिरं यथा ।।१०५।।

103-105. Mahāgulmakālānala Rasa:

Ingredients: Purified *gandhaka*, *haratāla bhasma*, *tāmra bhasma*, *tīkṣana lauha bhasma* and pulp of *ghṛitakumārī*.

Process of Drug-Making: Obtain equal parts of purified *gandhaka*, *haratāla bhasma*, *tāmra bhasma* and *tīkṣana lauha bhasma*. First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Mortar the mix along with pulp of *ghṛitakumārī*. Prepare a cake out of the mix and dry the same. Place the recipe in a *saṁpuṭa* and seal it with a piece of cloth treated with mud. Heat up the recipe through the *gajapuṭa* method. Let it cool down on its own. Take out the drug and mortar it into a fine powder. Store the powder in glass bottle.

Method of use/Administration: This drug is to be taken in doses of 250 mg. along with decoction of dried ginger or juice of ginger.

Therapeutic benefits: The medicine is as effective as the rays of sun are in clearing darkness. This medicine is capable of curing all types of *gulma* disorders.

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गुल्मशार्दूलो रसः–

रसंगन्धंशुद्धलौहंपिप्पली गुग्गुलुः पलम् । त्रिवृता बालकं शुण्ठी शटी धान्यकजीरके ।।१०६।।
प्रत्येकंपलिकंग्राह्यं पलार्द्धं कानकं फलम् । सञ्चूर्ण्य वटिका कार्या घृतेन वल्लमानतः ।।१०७।।
वटीद्वयं भक्षयेच्चार्द्रकोष्णाम्बु पिबेदनु । हन्ति प्लीहयकृद्गुल्मकामलोदरशोथकम् ।।१०८।।
वातिकंपैत्तिकं गुल्मं श्लैष्मिकं रौधिरन्तथा । रसोऽयं गुल्मशार्दूलो गहनानन्दभाषितः ।।१०९।।

106-109. Gulmaśārdūla Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma*, *pippalī*, purified *guggulu*, root of *tṛivṛit*, *netrabālā*, dried ginger, *karcūra*, coriander, cumin seeds, powder of purified *jātīphala* and *ghṛitam*.

Process of Drug-Making: Take 50 gm. measure each of the following: purified *pārada*, purified *gandhaka*, *lauha bhasma*, *pippalī* powder, purified *guggulu*, root of *tṛivṛit*, *netrabālā*, dried ginger, *karcūra*, coriander and cumin seeds. Also take 25 gm. measure powder of purified *jātīphala*.

First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Mortar the mix along with *ghṛitam* and prepare pills measuring 375 mg. Dry these pills and preserve them in glass bottles.

Method of use/Administration: Consume this medicine in doses of two pills and drink juice of ginger and lukewarm water as *anupāna*.

Therapeutic benefits: This medicine has been expounded by Gahanānand and is known as *Gulmaśārdūla Rasa*. It effectively checks enlargement of *plīhā* (spleen) and *yakṛit*, *gulma*, jaundice, problems related to gastro intestinal tract, *śotha*, *vātika gulma*, *paittika gulma*, *śleṣmika gulma* and *rakta gulma*.

(*Rasendra Sār Sangraha*)

बडवानलो रसः (यो. र.)–

शुद्धसूतं समं गन्धं मृतं ताम्राभ्रटङ्कणम् । सामुद्रं च यवक्षारं स्वर्जिसैन्धवनागरम् ।।११०।।
अपामार्गस्यचक्षारं पालांशं वत्सनाभकम् । प्रत्येकं सूततुल्यं स्याच्चणकाम्लेन मर्दयेत ।।१११।।
हस्तिकन्याद्रवैश्चाहो आर्द्रयुक्तं पुटेल्लघु । द्विगुञ्जं भक्षयेन्नित्यं रखोऽयं बडबानलः ।।११२।।
सर्वं गुल्मं निहन्त्याशु ग्रहणीं च विशेषतः ।।११३।।

110-113. Baḍvānala Rasa:

Ingredients: Powders of purified *pārada*, purified *gandhaka*, *tāmra bhasma*, *abhraka bhasma*, purified *tañkaṇa*, sea salt, *yavakṣāra*, *svarjikṣāra*, rock salt, dried ginger, *kṣāra* of *apāmārga*, *palāśa kṣāra*, purified *vatsanābha*, *caṇakāmalā*, juices of *hastiśuṇḍī*, *ghṛitakumārī* and ginger.

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Process of Drug-Making: Take the following powders in equal parts: purified *pārada*, purified *gandhaka*, *tāmra bhasma*, *abhraka bhasma*, purified *tañkaṇa*, sea salt, *yavakṣāra*, *svarjikṣāra*, rock salt, dried ginger, *kṣāra* of *apāmārga*, *palāśa kṣāra* and purified *vatsanābha*.

First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Impregnate the mix with *caṇakāmalā* for one whole day and later triturate it. Subsequently, repeat the impregnation process separately with juices of *hastiśuṇḍī*, *ghṛitakumārī* and ginger. Triturate the mix and dry it. Place the same in a *śarāva* and close it with a piece of cloth pieces treated with mud. Cook the recipe through the *laghu puṭa* method. Take out the mix from the *puṭa* and store it in glass bottles.

Method of use/Administration: This *Baḍvānala Rasa* is to be taken in 250 mg. daily.

Therapeutic benefits: Regular consumption of this drug cures all types of *gulma* and vitiated *grahaṇī*.

(*Yoga Ratnākar*)

गुल्मकुठारो रसः (यो. र.)–

नागवङ्गाभ्रकं कान्तं समं ताम्रं समांशकम् । जम्बीरस्वरसैर्घृष्टा वटी गुञ्जाप्रमाणिका ।।११४।।
मधुनाऽऽर्द्रकनीरेण क्षारयुग्मेन सेविता । अजीर्णमामं गुल्मं च हत्पार्श्वोदरशूलके ।
नाम्ना गुल्मकुठारोऽयं सर्वगुल्मान् व्यपोहति ।।११५।।

114-115. Gulmakuṭhāra Rasa:

Ingredients: *Nāga bhasma*, *vanga bhasma*, *abhraka bhasma*, *kānta lauha bhasma*, *tāmra bhasma* and juice of *jambīra* lemon.

Process of Drug-Making: Take 12 gm. each of *nāga bhasma*, *vanga bhasma*, *abhraka bhasma*, *kānta lauha bhasma* and *tāmra bhasma*. Triturate all these materials together with juice of *jambīra* lemon. Prepare pills in measurement of 125 mg. each and Dry and store them in a glass bottle.

Method of use/Administration: This *Gulmakuṭhāra Rasa* is to be taken in doses of one pill along with honey (6 gm.), ginger juice (4 gm.), *svarjikṣāra* (250 mg.) and *yavakṣāra* (250 mg.).

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Therapeutic benefits: This medicine is very helpful in alleviating diseases like *ajīrna*, *āma doṣa*, *gulma*, heart *śūla*, *pārśava śūla* and *udara śūla*. This medicine is capable of curing all types of *gulma* disorders.

(*Yoga Ratnākar*)

प्रवालपञ्चामृतरसः (यो. र.)–

प्रवालमुक्ताफलशङ्खशुक्तिकपर्दिकानां च समांशभागम् ।
प्रवालमात्रं द्विगुण प्रयोज्यं सर्वैः समांशं रविदुग्धमेव ।।११६।।
एकीकृतं तत्खलु भाण्डमध्ये क्षिप्त्वा मुखे बन्धनमत्र योज्यम् ।
पुटं विदध्यादतिशीतले च उद्धृत्य तद्भस्म क्षिपेत्करण्डे ।।११७।।
नित्यं द्विवारं प्रतिपाकयुक्तंवल्लप्रमाणं हि नरेण सेव्यम् ।
आनाहगुल्मोदरप्लीहकासश्वासाग्निमान्द्यान् कफमारुतोत्थान् ।।११८।।
अजीर्णमुद्गारहृदामयघ्नं ग्रहण्यतीसारविकारनाशनम् मेहामयं मूत्ररोगं मूत्रकृच्छ्रं तथाऽश्मरीम् ।
नाशयेन्नात्र सन्देहः सत्यं गुरुवचो यथा ।।११९।।
पथ्याश्रितं भोजनमादरेण समाचरेन्निर्मलचित्तवृत्त्या।
प्रवालपञ्चामृतनामधेयो योगोत्तमःसर्वगदापहारी।।१२०।।

116-120. Pravāla Pañcāmṛita Rasa:

Ingredients: *Pravāla bhasma*, *muktā phalā bhasma*, *śankha bhasma*, *śukti bhasma*, cowrie *bhasma* and latex of *arka*.

Process of Drug-Making: Obtain 50 gm. measure of *pravāla bhasma*, 25 gm. each of *muktā phalā bhasma*, *śankha bhasma*, *śukti bhasma* and cowrie *bhasma* along with the latex of *arka* measuring 150 ml. Triturate the latex first with *muktā phalā* for nine hours and prepare a *piṣṭi* out of it. Mix rest of the *bhasmas* into this *piṣṭi* and triturate it again. Prepare small cakes out of it and dry them. Place them in a *śarāva saṁpuṭa* and close the apparatus with a piece of cloth treated with mud. When the mud gets dried, heat up the apparatus through the *puṭa* method. Subsequently, let the *saṁpuṭa* cool down on its own. Take out the drug from the apparatus and mortar it into a fine powder. Dry this powder and store the same in glass bottle. If in case, the drug does not take white colour after the first *puṭa* then process it through another *puṭa* after triturating it along with the latex of *arka*. In place of *muktā phalā* one can also use *muktā bhasma* as well.

Method of use/Administration: This *Pravāla Pañcāmṛita Rasa* is to be taken twice during morning and evening hours in doses of 375 mg. along with proper

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anupānas. While consuming this medicine one should take only regulated meals. This medicine is capable of curing all types of diseases.

Therapeutic benefits: This drug is capable of curing *ānāha*, *gulma*, problems related to gastro intestinal tract, *plīhāvṛidhi*, *kāsa* (coughs), *śvāsa*, *agnimāndya*, *kapha roga*, *vāta roga*, *ajīrna*, *udara*, heart problems, *sangrahaṇī*, *atisāra*, *prameha* (i.e. urinary disorders including diabetes), urinary problems like *mūtrakṛicchra* and *aśmarī*.

(*Yoga Ratnākar*)

रसायनामृतलौहम्–

त्रिकटु त्रिफला मुस्तं विडङ्ग जीरकद्वयम् । यमानीद्वयभूनिम्बं त्रिवृद्दन्ती च निम्बकम् ।।१२१।।
सर्वेषां कार्षिकं भागं सैन्धवंकर्षमभ्रकम् । खण्डस्य षोडशपलं प्रस्थञ्च त्रिफलाजलम् ।।१२२।।
जम्बीराणां रसं दद्यात् पलं षोडशकं तथा । पाच्यं सर्वं प्रयत्नेन लौहं दत्त्वा पलद्वयम ।।१२३।।
सिद्धे पाके पुनर्देयं घृतं पलचतुष्टयम् । सर्वरोगेषु संयोज्यं महामृतरसायनम् ।।१२४।।
गुल्मं पञ्चविधं हन्ति यकृत्पलीहोदराणिच । कामलां पाण्डुरोगञ्चशोथं जीर्णज्वरं तथा ।।१२५।।
रोगान् सर्वान्निहन्त्याशु भास्करस्तिमिरं यथा ।।१२६।।

121-126. Rasāyaṇāmṛita Lauham:

Ingredients: Dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *mustā*, *vāyaviḍanga*, white and black varieties of cumin seeds, caraway seeds, *ajamodā*, *kirātatikta*, root of *tṛivṛit*, root of *dantī*, bark of *neem*, rock salt, *abhraka bhasma*, sugar, decoction of *tṛiphalā*, juice of *jambīra* lemon, decoction of *tṛiphalā*, juice of *jambīra* lemon, sugar, *lauha bhasma* and *ghṛitam*.

Process of Drug-Making: Take 12 gm. each of dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *mustā*, *vāyaviḍanga*, white and black varieties of cumin seeds, caraway seeds, *ajamodā*, *kirātatikta*, root of *tṛivṛit*, root of *dantī*, bark of *neem*, rock salt and *abhraka bhasma*. Also take 750 gm. measure of sugar, 750 ml. measure of the decoction of *tṛiphalā* and 750 ml. measure of juice of *jambīra* lemon. Ground all the thick materials. Collect decoction of *tṛiphalā* and juice of *jambīra* lemon in a metallic frying pan and cook it on a slow heat by mixing sugar into it. When the preparation turns into a confection mix into it the rest of materials in powdered form along with 93 gm. measure of *lauha bhasma*. Cook the preparation properly. When the preparation is cooked, add 187 gm. measure of *ghṛitam* to it and collect the same in an earthen ware.

Dosage: 1-3 gm.

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Therapeutic benefits: This *Mahāmṛitarasāyaṇ* is to be taken with different *anupānas* in order to cure all types of diseases. It is very much effective in curing five types of *gulma*, *yakradvṛidhi*, *plīhāvṛidhi*, problems related to gastro intestinal tract, jaundice, *pāṇḍu*, *śotha*, *jīrṇa jvara* and the like. The medicine is as effective in curing the diseases as the sun is in clearing darkness.

पञ्चाननरसः (रक्तगुल्मे)–

पारदं शिखितुत्थञ्च गन्धं जैपालपिप्पली । आरग्वधफलान्मज्जा वज्रीक्षीरेण भावयेत् ।।१२७।।
धात्रीरसयुतं खादेद्रक्तगुल्मप्रशान्तये । चिञ्चादलरसञ्चानु पथ्यं दध्योदनं हितम् ।।१२८।।

127-128. Pañcānana Rasa:

Ingredients: Purified *pārada*, purified *tuttha*, purified *gandhaka*, purified *jayapāla*, *pippalī* powder, pulp of the fruit of *āragvadha* and latex of *snuhī*.

Process of Drug-Making: Obtain equal parts of purified *pārada*, purified *tuttha*, purified *gandhaka*, purified *jayapāla*, *pippalī* powder and pulp of the fruit of *āragvadha*. First prepare *kajjalī* out of *pārada* and *gandhaka* and mix the rest into it. Mortar the mix by adding to it the latex of *snuhī*. Prepare pills in measurement of 250 mg. each.

Method of use/Administration: This medicine should be taken in doses of one pill to cure cases of *jalodara* (ascites) among the ladies. The juice of the fruit of *cincā* should be given as *anupāna* (post-medicinal drink). Curd mixed rice is useful is this condition as a wholesome diet. If feeling hungry the patient should take cooked rice along with curd.

Therapeutic benefits: This medicine cures *rakta gulma* because of its strong purgative action.

(*Rasendra Sār Sangraha*)

गुल्मवज्रिणी वटिका (रक्तगुल्मे)–

रसगन्धकताम्रञ्च कांस्यं टङ्कणतालकम् । प्रत्येकं पलिकं ग्राह्यं मर्दयेदतियत्नतः ।।१२९।।
तद्यथाऽग्निबलं खादेद् रक्तगुल्मप्रशान्तये । निर्मिता नित्यनाथेन वटिका गुल्मवज्रिणी ।।१३०।।
गुल्मप्लीहोदराष्ठीलायकृदानाहनाशिनी । कामलापाण्डुरोगघ्नी ज्वरशूलविनाशिनी ।।१३१।।

129-131. Gulmavajriṇī Vaṭikā:

Ingredients: Purified *pārada*, purified *gandhaka*, *tāmra bhasma*, *kānsya bhasma*, purified *tañkaṇa* and purified *haritāla*.

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Process of Drug-Making: Obtain 46 gm. each of purified *pārada*, purified *gandhaka*, *tāmra bhasma*, *kānsya bhasma*, purified *tañkaṇa* and purified *haritāla*. First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Triturate the mix and store it in glass bottles.

Method of use/Administration: After considering the patient's age and digestive power, this medicine should be taken in doses of 125 mg. each for curing *rakta gulma*.

Therapeutic benefits: This *Gulmavajriṇī Vaṭikā* has been propounded by Āchārya Nityanāth. This medicine, if taken with proper *anupānas* can cure *gulma*, *plīhā*, problems related to gastro intestinal tract, *aṣṭhīlāvṛiddhi*, *yakṛidda vṛiddhi*, *ānāha*, jaundice, *pāṇḍu*, fever and *śūla* disorder.

(*Rasendra Sār Sangraha*)

सर्वेश्वरी रसः (र. सा. सं.)–

ताम्रंदशगुणंस्वर्णात्स्वर्णपादंकटुत्रिकम् । त्रिफला त्रिकटोस्तुल्या त्रिफलाऽर्द्धमयोरजः ।।१३२।।
अयसोऽर्द्धं विषं चैव सर्वं संमर्द्य यत्नतः। सर्वेश्वररसो नाम रक्तगुल्मविनाशनः ।।१३३।।

132-133. Sarveśarī Rasa:

Ingredients: *Svarṇa bhasma*, *tāmra bhasma*, mixture of *ṭrikaṭu* herbs (dried ginger, *marica* and *pippalī*), mixture of *ṭriphalā* herbs (*haraḍa*, *vibhītaka* and *āmalakī*), *lauha bhasma* and purified *viṣa*.

Process of Drug-Making: Take the following: *svarṇa bhasma* (12 gm.), *tāmra bhasma* (120 gm.), mixture of *ṭrikaṭu* herbs (dried ginger, *marica* and *pippalī*) and mixture of *ṭriphalā* herbs (*haraḍa*, *vibhītaka* and *āmalakī*) both measuring 3 gm. each in combined form, *lauha bhasma* (1.5 gm.) and purified *viṣa* (75 mg.). Combine all these materials and triturate the mix.

Method of use/Administration: Consume this medicine in adequate doses.

Therapeutic benefits: This would give relief from *rakta gulma* disorder. This medicine is known as '*Sarveśvarī Rasa*'.

(*Rasendra Sār Sangraha*)

प्राणवल्लभो रसः (रक्तगुल्मे)–

लौहं ताम्रं वराटञ्च तुत्थं हिङ्गु फलत्रिकम् । स्नुहीमूलं यवक्षारं जैपालं टङ्कणं त्रिवृत् ।।१३४।।
प्रत्येकं पलिकंग्राह्यं छागीदुग्धेन पेषयेत् । गुञ्जार्द्धा तु वटी खादेद्वारिणा मधुनाऽपि वा ।।१३५।।

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प्राणवल्लभनामाऽयंगहनानन्दभाषितः । निहन्ति कामलां पाण्डुं मेहं हिक्कां विशेषतः ।।१३६।।
असाध्यंसन्निपातञ्चगुल्मं रुधिरसम्भवम् । वातरक्तञ्च कुष्ठञ्च कण्डूं विस्फोटकापचीम् ।।१३७।।

134-137. Prāṇavallabha Rasa:

Ingredients: Powders of *lauha bhasma*, *tāmra bhasma*, *varāṭa bhasma*, purified *tuttha*, purified *hingu*, *triphalā*, *snuhī* (root), *yavakṣāra*, purified *jayapāla*, purified *tañkaṇa*, root of *trivṛit* and goat milk.

Process of Drug-Making: Obtain the following powders in measure of 46 gm. each: *lauha bhasma*, *tāmra bhasma*, *varāṭa bhasma*, purified *tuttha*, purified *hingu*, *triphalā*, *snuhī* (root), *yavakṣāra*, purified *jayapāla*, purified *tañkaṇa* and root of *trivṛit*. Triturate all these materials together and impregnate the mix with goat milk for one whole day. Triturate the mix and prepare pills measuring 500 gm. each. Dry them and preserve the pills in glass bottles.

Method of use/Administration: This medicine is to be taken in doses of one pill daily along with water and honey.

Therapeutic benefits: This *Prāṇavallabha* medicine has been prepared by Gahanānand. This medicine, if taken with proper *anupānas*, is capable of checking diseases like jaundice, *pāṇḍu*, *prameha* (i.e. urinary disorders including diabetes), *hikkā*, difficult *sannipāta*, *rakta gulma*, *vāta rakta*, *kuṣṭha*, *kaṇḍu*, *visphoṭaka* and *apācī*.

(*Rasendra Sār Sangraha*)

पञ्चपलकं घृतम्–

पिप्पल्याःपिचुरध्यर्द्धोदाडिमाद्द्विपलंपलम्। धान्यात्पञ्चघृताच्छुण्ठ्याःकर्षःक्षीरंचतुर्गुणम् ।।१३८।।
सिद्धमेतद् घृतं सद्यो वातगुल्मं विनाशयेत् । योनिशूलं शिरःशूलमर्शांसि विषमज्वरम् ।।१३९।।

138-139. Pañca Palakam Ghṛitam:

Ingredients: *Mūrcchita ghṛitam*, *pippalī*, *dāḍima*, *dhānya*, *śunṭhī* and milk.

Process of Drug-Making: Obtain 235 gm. of *mūrcchita ghṛitam* along with 12 gm. of *pippalī*, 93 gm. of *dāḍima*, 46 gm. of *dhānya*, 12 g. of *śunṭhī* and milk (950 ml. i.e. four times greater than *mūrcchita ghṛitam*). First prepare a *kalka* of *pippalī* and other herbs and cook it with rest of the ingredients on a slow heat.

Dosage: 12 gm. along with warm milk.

Therapeutic benefits: The medicated *ghṛitam* thus obtained cures *vātika gulma*, pain in female genital tract, headache, piles and *viṣam jvara*.

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नाराचघृतम्–

चित्रकं त्रिफला दन्ती त्रिवृता कण्टकारिका । स्नुहीक्षीरं विडङ्गानि घृतं दशममुच्यते ।।१४०।।
एकैकस्यचकर्षेणघृतस्यकुडवं पचेत् । अस्य मात्रां पिबेत्काले शाणार्द्धेन च सम्मिताम् ।।१४१।।
उष्णोदकञ्चानुपिबेद्विरेकार्थं समाहितः । पिबेद् यवागू हविषा पेयां वा क्षीरसाधिताम् ।।१४२।।
रसेनजाङ्गलानांवा भोजयेन्मितिमान् भिषक् । वातगुल्ममुदावर्तं प्लीहार्शोब्रघ्नकुण्डलम् ।।१४३।।
ग्रहणीं दीपयेन्मदां कुष्ठदोषांश्च नाशयेत् । नाराचकमिदं सर्पिः ख्यातं नाराचसन्निभम् ।।१४४।।

140-144. Nārāca Ghṛitam:

Ingredients: Bark of *citraka*, *haraḍa*, *vibhītaka*, *āmalakī*, root of *dantī*, root of *ṭrivṛit*, root of *kañṭakārī*, latex of *snuhī* and *vāyaviḍanga*, water and *mūrcchita ghṛitam*.

Process of Drug-Making: Obtain the following: bark of *citraka*, *haraḍa*, *vibhītaka*, *āmalakī*, root of *dantī*, root of *ṭrivṛit*, root of *kañṭakārī*, latex of *snuhī* and *vāyaviḍanga*(each measuring 5 gm.). Compound them into a coarse powder and churn the powder along with water to prepare a *kalka*. Combine this *kalka* with 187 gm. measure of *mūrcchita ghṛitam* and water measuring 750 ml. Collect all these materials in a metallic vessel and cook them together on a slow heat generated by burning the paddy husk.

Method of use/Administration: This recipe should be administered to the patient in appropriate time in doses of 1500 mg. Subsequently, the patient should drink warm water slowly so that he could vomit. When feeling hungry, the patient should take *yavāgū* (thick gruel) mixed with *ghṛitam* or *peya* (thin gruel without grains in it) prepared with milk. He should also take the soup of the meat of animals from arid regions.

Therapeutic benefits: This recipe cures *vāta gulma*, *udāvarta*, spleen related disorder, piles, inguinal lymphadenitis and *kunḍala* (movement of wind in the abdomen). It stimulates the suppressed activities of *grahaṇī* (small intestine including duodenum) and cures *kuṣṭha* (skin diseases including leprosy). This is called *Nārāca Ghṛitam* and it attacks the disease like a *nārāca* (arrow).

(*Gadanigraha*)

हबुषाद्यं घृतम्–

हबुषा-व्योष-पृथ्वीका-चव्य-चित्रक-सैन्धवैः।
साजाजीपिप्पलीमूलदीप्यकैःपाचयेद् घृतम् ।।१४५।।
सकोलमूलकरसं सक्षीरदधिदाडिमम् । तत्परं वातगुल्मघ्नं शूलानाहविबन्धनुत् ।।१४६।।

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योन्यर्शोग्रहणीदोषश्वासकासारुचिज्वरान् । पार्श्वहृद्वस्तिशूलञ्च घृतमेतद् व्यपोहति ।।१४७।।

145-147. Havuṣādya Ghṛitam:

Ingredients: *Havuṣā*, *vyoṣa*, *pṛithavīkā*, *pippalī*, *cavya*, *citraka*, rock salt, *ajājī*, *dipyaka*, *mūrcchita ghṛitam*, decoction of *badarī*, juice of radish, milk, curd and decoction of *dāḍima*.

Process of Drug-Making: Prepare a *kalka* of 10 gm. each of *havuṣā*, *vyoṣa*, *pṛithavīkā*, *pippalī*, *cavya*, *citraka*, rock salt, *ajājī* and *dipyaka*. Take *mūrcchita ghṛitam* (375 gm.) and decoction of the dried fruits of plant *badarī*, juice of radish, milk, curd and decoction of *dāḍima* each measuring 375 ml. Cook them together on a slow heat.

Dosage: 6-12 gm. along with warm milk or water.

Therapeutic benefits: This medicine is very effective in curing *vāta gulma*, colic pain, *ānāha* (abdominal distension), constipation, diseases of the female genital tract, piles, *grahaṇī* (sprue syndrome), dysponea, *kāsa* (coughs), anorexia, fever and in cases of pleurisy, heart as well as urinary bladder.

(Caraka)

त्र्यूषणाद्यं घृतम् (च. द.)–

त्र्यूषणत्रिफलाधान्यविडङ्गचव्यचित्रकैः । कल्कीकृतैर्घृतं सिद्धं सक्षीरं वातगुल्मनुत् ।।१४८।।

148. Tryūṣṇādya Ghṛitam:

Ingredients: *Tryūṣṇa* herbs, *triphalā* herbs, *dhānya*, *viḍanga*, *cavya*, *citraka*, *mūrcchita ghṛitam* and milk.

Process of Drug-Making: Take 28 gm. measure each of *tryūṣṇa* herbs, *triphalā* herbs, *dhānya*, *viḍanga*, *cavya* as well as *citraka* and prepare a *kalka* out of them. Take *mūrcchita ghṛitam* measuring 1 litre, milk and water measuring 4 litre each. Cook all of them together.

Dosage: 6-12 gm. along with warm milk or water.

Therapeutic benefits: This medicated *ghṛitam* is called *Tryūṣṇādya Ghṛitam*. It cures *vātika gulma*.

(Cakradatt)

द्राक्षाद्यं घृतम्–

दाक्षां मधुकखर्जुरौ विदारीं सशतावरीम् । परुषकाणि त्रिफलां साधयेत्पलसम्मिताम् ।।१४९।।

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जलाढ के पादशेषे रसमामलकस्य च । घृतमिक्षुरसं क्षीरमभयाकल्कपादिकम् ।।१५०।।
साधयेत्तु घृतं सिद्धं शर्कराक्षौद्रपादिकम् । प्रयोगात्पित्तगुल्मघ्नं सर्वपित्तविकारनुत् ।।
साहचर्यादिह पृथग् घृतादेः क्वाथल्तुयता ।।१५१।।

149-151. Drākṣādya Ghṛitam:

Ingredients: *Drākṣā*, *madhuka*, *kharajūra*, *vidārī*, *śatāvarī*, *paruṣaka*, *triphalā*, water, *āmalakī* juice, *mūrcchita ghṛitam*, sugar-cane juice, milk, *harītakī*, raw sugar and honey.

Process of Drug-Making: Get 46 gm. each of *drākṣā*, *madhuka*, *kharajūra*, *vidārī*, *śatāvarī*, *paruṣaka* and *triphalā*. Decoct them in 3 litre of water until its original quantity is reduced to one fourth. Add to it *āmalakī* juice (750 ml.), *mūrcchita ghṛitam* (750 gm.), sugar-cane juice (750 ml.) and milk (750 ml.). Further, add to it *harītakī* measuring one fourth of the above *kalka* (i.e. 187 gm.). Thoroughly cook all the ingredients together. Add 93 gm. of raw sugar and 93 gm. of honey to the preparation.

Note: Three liquids are mentioned to be used in this recipe. As per the general rule of Ayurvedic pharmaceutics, each one of these should have been taken four times in quantity of *mūrcchita ghṛitam*. Since all these liquids are mentioned together (*sahacryat*), the present recipe is an exception to this rule and each one of these liquids should be equal to the decoction in quantity.

Method of use/Administration: The recipe should be taken in doses of 12 gm. along with lukewarm water or with milk.

Therapeutic benefits: It cures *pitta gulma* and all other diseases caused by *pitta*.

(Caraka)

त्रायमाणाद्यं घृतम्–
जलेदशगुणेसाध्यंत्रायमाणाचतुष्पलम् । पञ्चभागस्थितं पूतं कल्कैः संयोज्य कार्षिकैः ।।१५२।।
रोहिणीकटुकामुस्तंत्रायमाणादुरालभा । कल्कैस्त्वामलकी वीरा जीवन्ती चन्दनोत्पलम् ।।१५३।।
रसस्यामलकानां च क्षीरस्य च घृतस्य च । पलानि पृथगष्टाष्टौ दत्त्वा सम्यग्विपाचयेत् ।।१५४।।
पित्तगुल्मं रक्तगुल्मं वीसर्पं पैत्तिकं ज्वरम् । हृद्रोगं कामलां कुष्ठं हन्यादेदद् घृतोत्तरम् ।।१५५।।
पलोल्लेखगते माने न द्वैगुण्यमिहेष्यते । चत्वारिंशत् पलं तेन तोयं दशगुणं भवेत् ।।१५६।।

152-156. Trāyamāṇādya Ghṛitam:

Ingredients: *Trāyamāṇā*, water, *rohiṇī*, *kaṭuka*, *mustā*, *trāyamāṇā*, *durālabhā*, *āmalakī*, *vīra*, *jīvantī*, *candana*, *utpala*, milk and *mūrcchita ghṛitam*.

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Process of Drug-Making: Boil 187 gm. of *trāyamāṇā* in ten times of water till it is reduced to 375 ml. Add to this a *kalka* prepared out of 9 gm. each of the *rohiṇī*, *kaṭuka*, *mustā*, *trāyamāṇā*, *durālabhā*, *vīra*, *jīvanī*,*candana* and *utpala*,. Further add to the preparation 375 ml. each of the juice of *āmalakī*, milk and *mūrcchita ghṛitam*. Cook all the ingredients together on a slow heat.

Note: As per the general rule, if the quantity of any liquid is mentioned in *pala* as the unit of measurement, then while actually adding to the recipe, the quantity should be doubled. The present formula is, however, an exception to this general rule and forty *pala* (ten times of *trāyamāṇā*) of water should be taken for the purpose of preparing the decoction.

Dosage: 6-12 gm. along with warm milk or water.

Therapeutic benefits: This cures *pitta gulma*, *rakta pitta* (an ailment characterized by bleeding from different parts of the body), erysipelas, *paittika* type of fever, heart diseases, jaundice and *kuṣṭha* (skin diseases including leprosy).

(Cakradatt)

क्षीरषट्पलकं घृतम्–

पिप्पलीपिप्पलीमूलचव्यत्रिकनागरः । पलिकैः सयवक्षारैः सर्पिःप्रस्थं विपाचयेत् ।।१५७।।

क्षीरप्रस्थेन तत्सर्पिर्हन्ति गूल्मं कफात्मकम् । ग्रहणीपाण्डुरोगघ्नं प्लीहंकासज्वरापहम् ।।१५८।।

157-158. Kṣīra Ṣaṭpalakam Ghṛitam:

Ingredients: *Pippalī*, *pippalīmūla*, *cavya*, *citraka* (root), dried ginger, *yavakṣāra*, water, *mūrcchita ghṛitam* and milk.

Process of Drug-Making: Take 46 gm. each of *pippalī*, *pippalīmūla*, *cavya*, *citraka* (root), dried ginger and *yavakṣāra*. Compound them on a stone slab to prepare a *kalka* along with water as a base. Combine this *kalka* with 750 ml. each of *mūrcchita ghṛitam* and milk along with 3 litre of water. Cook the preparation on a slow heat.

Dosage: 6-12 gm. along with warm water or milk.

Therapeutic benefits: This medicated *ghṛitam* cures *grahaṇī* (sprue syndrome), anemia, spleen related disorders, *kāsa* (coughs) and fever.

(Caraka)

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भल्लातकं घृतम् प्रथमम् (च. द.)–

भल्लातकानां द्विपलंपञ्चमूलं पलोन्मितम् । साध्यं विदारीगन्धाढ्यमापोथ्य सलिलाढके ।।१५९।।
पादावशेषे पूते च पिप्पलीं नागरं वचाम् । विडङ्ग सैन्धवं हिङ्गु यावशूकं विडं शटीम् ।।१६०।।
चित्रकंमधुकंरास्नांपिष्ट्वा कर्षसमान् भिषक् । प्रस्थञ्च पयसोदत्त्वा घृतप्रस्थं विपाचयेत् ।।१६१।।
एतद्भल्लातकं नाम कफगुल्महरं परम् । प्लीहपाण्ड्वामयश्वासग्रहणीकासगुल्मनुत् ।।१६२।।

159-162. Bhallātaka Ghṛitam:

Ingredients: *Bhallātaka*, *laghu pañcamūla* herbs, *vidārīkanda*, water, *pippalī*, dried ginger, *vacā*, *vāyaviḍanga*, rock salt, purified *hingu*, *yavakṣāra*, *viḍa lavaṇa*, *karcūra*, bark of *citraka*, *madhuka*, *rāsnā*, *mūrcchita ghṛitam* and milk.

Process of Drug-Making: Obtain 93 gm. of *bhallātaka*, 46 gm. each of *laghu pañcamūla* herbs and 46 gm. of *vidārīkanda*. Compound these materials and boil the mix in 3 litre measure of water until the original quantity is reduced to one fourth. Subsequently, prepare a *kalka* out of 12 gm. each of *pippalī*, dried ginger, *vacā*, *vāyaviḍanga*, rock salt, purified *hingu*, *yavakṣāra*, *viḍa lavaṇa*, *karcūra*, bark of *citraka*, *madhuka* and *rāsnā*. Add this *kalka* to the preparation and cook the same along with *mūrcchita ghṛitam* and milk measuring 750 ml. each. This medicated *ghṛitam* is known as *Bhallātaka Ghṛitam*.

Dosage: 6-12 gm. along with warm water or milk.

Therapeutic benefits: It is an excellent recipe for curing *kapha gulma*, spleen related disorder, anemia, dysponea, *grahaṇī* (sprue syndrome), *kāsa* (coughs) and other types of *gulma*.

(Cakradatt)

धात्रीषट्पलकं घृतम्–

धात्रीफलानां स्वरसैः षडङ्गं पाचयेद् घृतम् । शर्करासैन्धवोपेतं तद्धितं सर्वगुल्मिनाम् ।।१६३।।

163. Dhātrīśatapalakam Ghṛitam:

Ingredients: *Ṣaḍanga* herbs (i.e. *pippalī*, *pippalīmūla*, *cavya*, *citraka*, dried ginger and *yavakṣāra*), water, *mūrcchita ghṛitam* and juice of *āmalakī*.

Process of Drug-Making: Take 31 gm. each of the *ṣaḍanga* herbs (i.e. *pippalī*, *pippalīmūla*, *cavya*, *citraka*, dried ginger and *yavakṣāra*) and thickly pulverize them. Ground them on a stone slab along with water to obtain *kalka*. Get one 750 gm. measure of *mūrcchita ghṛitam* and juice of *āmalakī* measuring 750 ml. Collect these two materials and the above mentioned *kalka* in a frying pan and

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cook the preparation together to obtain *ghṛitam*. When the preparation is half cooked, add four times greater quantity of water to it.

Method of use/Administration: The *ghṛitam* should be consumed after mixing into it sugar and rock salt. Dosage: 12 gm.

Therapeutic benefits: This *ghṛitam* would help in alleviating all types of *gulma* disorders.

(Cakrdatt)

भार्गीषट्पलकं घृतम् (च. द.)–

षड्भिः पलैर्मगधजाफलमूलचव्यविश्वौषधज्वलनयावककल्कपक्कम् ।
प्रस्थं घृतस्य दशमूल्युरुवूकभार्गीक्वाथेऽप्यथो पयसि दध्नि च षट्पलाख्यम् ।।१६४।।
गुल्मोदरारुचिभगन्दरमग्निसादकासज्वरक्षयशिरोग्रहणीविकारान् ।
सद्यः शमं नयति ये च कफानिलोत्था भार्ग्याख्यषट् पलमिदं प्रवदन्ति वैद्याः ।।१६५।।

164-165. Bhārgīṣaṭapalakam Ghṛitam:

Ingredients: *Pippalī*, *pippalīmūla*, *cavya*, dried ginger, bark of *citraka*, *yavakṣar*, water, *mūrcchita ghṛitam*, decoction of *daśamūla*, decoction of *eraṇḍa* roots, decoction of *bhārgī*, milk and curd.

Process of Drug-Making: Obtain 46 gm. measure of *pippalī*, *pippalīmūla*, *cavya*, dried ginger, bark of *citraka* and *yavakṣāra*. Pulverize them along with water on a stone slab to obtain *kalka*. Take *mūrcchita ghṛitam*, decoction of *daśamūla*, decoction of *eraṇḍa mūla*, decoction of *bhārgī*, milk and curd each in quantities of 750 ml. Collect all these materials including the *kalka* in a frying pan and cook the compound to obtain medicinal *ghṛitam*.

Therapeutic benefits: Physicians have considred this '*Bhārgīṣaṭapala Ghṛitam*' to be capable of alleviating *gulma*, problems related to gastro intestinal tract, anorexia, *arśa*, *agnimāndya*, coughs, fever, *kṣaya roga*, *śiro roga*, disorders of *grahaṇī* and all diseases caused due to disordered *kapha* and *vāta*.

(Cakradatt)

रसोनाद्यं घृतम्–

रसोनस्वरसे सर्पिः पञ्चमूलरसान्वितम् । सुराऽऽरनालदध्यम्लमूलक स्वरसैः सह ।।१६६।।
व्योषदाडिमवृक्षाम्लयमानीचव्यसैन्धवैः । हिङ्वम्लवेतसाजाजीदीप्यकैश्च पलान्वितैः ।।१६७।।
सिद्धंगुल्मग्रहण्यर्शःश्वासोन्मादक्षयज्वरान् । कासापस्मारमन्दाग्निप्लीहशूलानिलाञ्जयेत् ।।१६८।।

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166-168. Rasonādya Ghṛitam:

Ingredients: *Vyoṣa*, *dāḍima*, *vṛikṣāmla*, *yamānī*, *cavya*, rock salt, *hingu*, *āmlavetasa*, *ajājī*, *dīpyaka*, juice of *rasona*, *mūrcchita ghṛitam*, decoction of *pañcamūla*, *surā* (alcoholic preparation), *aranāla* (a type of vinegar), curd, sour juice and juice of *mūlaka*.

Process of Drug-Making: Prepare a *kalka* out of 46 gm. each of *vyoṣa*, *dāḍima*, *vṛikṣāmla*, *yamānī*, *cavya*, rock salt, *hingu*, *āmlavetasa*, *ajājī* and *dīpyaka*. Combine this *kalka* with 2250 ml. measure each of the following: juice of *rasona*, *mūrcchita ghṛitam*, decoction of *pañcamūla*, *surā* (alcoholic preparation), *aranāla* (a type of vinegar), curd, sour juice and juice of *mūlaka*. Cook the preparation methodologically to obtain medicated *ghṛitam*.

Dosage: 6-12 gm. along with warm milk.

Therapeutic benefits: The medicated *ghṛitam* thus obtained cures *gulma*, *grahaṇī* (sprue syndrome), piles, asthma, insanity consumption, fever *kāsa* (coughs), epilepsy, suppression of the power of digestion, spleen related disorder and colic pain.

(Cakradatt)

भल्लातकघृतम् (द्वितीयम्)–

भल्लातकात्कल्ककषायपक्वसर्पिः पिबेच्छर्करया विमिश्रम् ।
तद्रक्तगुल्मं विनिहन्ति पीतंबलासगुल्मं मधुना समेतम् ।।१६९।।

169. Bhallātaka Ghṛitam (Second Recipe):

Ghṛitam (1 litre *mūrcchita*) cooked along with the *kalka* (250 gm.) and decoction (4 litres) of *bhallātaka* should be taken along with sugar (3-6 gm.). It cures *rakta gulma*. If this medicated *ghṛitam* is taken along with honey, then it cures the *kapha gulma*.

वृश्चीराद्यरिष्टः (च. द.)–

वृश्चीरमुरुवूकं च वर्षाह्वं बृहतीद्वयम् । चित्रकं च जलद्रोणे पचेत् पादावशेषितम् ।।१७०।।
मागधीचित्रकक्षौद्रलिप्तकुम्भे निधापयेत् । मधुनः प्रस्थमावाप्य पथ्याचूर्णार्द्धसंयुतम् ।।१७१।।
व्युषोषितं दशाहं च जीर्णभक्तः पिबेन्नरः । अरिष्टोऽयंजयेद् गुल्ममविपाकं सुदुस्तरम् ।।१७२।।

170-172. Vṛiścīrādyariṣṭa:

Ingredients: *Vṛiścīra*, *urubuka*, *varśahva*, *bṛihatī*, *kaṇṭakārī*, *citraka*, water, *pippalī*, *citraka*, honey and *pathyā*.

Process of Drug-Making: Raise 375 gm. measure (by taking equal parts) of *vṛiścīra*, *urubuka*, *varśahva*, *bṛihatī*, *kaṇṭakārī* and *citraka*. Decoct this mix in 12 litre measure of water until it is reduced to one fourth. Place this decoction in a jar

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smeared with compound of *pippalī*, *citraka* roots (93 gm. each) and honey (187 gm.). Add 750 gm. of honey and 375 gm. of the powder of *pathyā* to the preparation and let it ferment for 10 days.

Method of use/Administration: This medicine should be taken after meals (when the food is already digested).

Therapeutic benefits: It cures suppurated and obstinate type of *gulma*.

(Cakradatt)

गुल्मरोगे पथ्यानि (प. प.)–

स्नेहःस्वेदोविरेकश्च वस्तिर्वाहुशिराव्यधः । लङ्घनं वर्त्तिरभ्यङ्गः स्नेहः पक्वे तु पाटनम् ।।१७३।।
संवत्सरसमुत्पन्नाः कलमा रक्तशालयः । खडः कुलत्थयूषश्च धन्वमांसरसः सुरा ।।१७४।।
गवामजायाश्च पयो मृद्वीका च परूषकम् । खर्जूरं दाडिमं धात्रीनागरङ्गाम्लवेतसम् ।।१७५।।
तक्रमेरण्डतैलं च लशुनं बालमूलकम् । पत्तूरो वास्तुकं शिग्रु यवक्षारो हरीतकी ।।१७६।।
रामठं मातुलुङ्गं च त्र्यूषणं सुरभीजलम् । यदन्नं स्निग्धमुष्णं च बृंहणं लघु दीपनम् ।।१७७।।
वातानुलोमनं चैव पथ्यं गुल्मे नृणां भवेत् ।।१७८।।

173-178. The following measures and products are considered to be beneficial for the patients of *gulma*: *sneha therapy*, *svedana* therapy, *virecana* therapy, *basti* therapy, cutting of the nerves of hands, *laṇghaṇa* (fasting), *varttī prayoga*, massage, *snehapāna* and performing operation after the tumour supperate, one year old paddy of the *kalamā* and red variety, *khaḍayūṣa*, *yūṣa* of *kulattha*, meat soup of wild animals and birds, liquor, milk of goat and cow, raisins, *paruṣka*, dates, pomegranate, *āmalakī*, *naranga*, *amlavetasa*, buttermilk, *eraṇḍa* oil, garlic, young radish, leaves of *pattūra*, *vāstuka*, fruits of *śobhāñjana*, *yavakṣāra*, *haraḍa*, *hingu*, *jambīra* lemon, *ṭrikaṭu* (dried ginger, black pepper and pepper), cow urine, oily, warm, nutritious, easily digestible food materials, foods that promote digestive power and which expediates the force of *vātà*.

गुल्मरोगेऽपथ्यानि–

वातकारीणिसर्वाणिविरुद्धान्यशनानिच । वल्लूरं मूलकं मत्स्यान् मधुराणि फलानि च ।।१७९।।
शुष्कशाकं शमीधान्यं विष्टम्भीनि गुरूणि च । अधोवातशकृन्मूत्रश्रमश्वासाश्रुधारणम् ।
वमनं जलपानं च गुल्मरोगी परित्यजेत् ।।१८०।।

179-180. The following foods and measures should be avoided by patients of *gulma*: all types of edibles which promote *vāta* disorder, taking incompatible foods, dry meat, radish, fish, sweet fruits, dried leaves, *śamī dhānya*, constipating and heavy to digest foods, obstructing the flow of body excretions, *vamana* and excessive intake of water and other fluids.

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अपि च–

वल्लूरंमूलकंमत्स्याञ्शुष्कशाकानिवैदलम् । नखादेच्चालुकंगुल्मीमधुराणि फलानि च ।।१८१।।

181. Unwholesome Diet: *Vallūra* (dried meat), radish, fish, dried vegetables, pulses, *āluka* and sweet fruits should not be taken by a patient suffering from *gulma*.

इतिभैषज्यरत्नावल्यांगुल्मरोगचिकित्साप्रकरणम् ।।३२।।

इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायांगुल्मरोगचिकित्साप्रकरणम् ।।३२।।

End of the Chapter 32 of Bhaiṣajya Ratnāvalī with Commentary

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अथ हृद्रोगचिकित्साप्रकरणम् ३३

Chapter 33
Treatment of *Hridrog*

वातजहृद्रोगचिकित्सा–

वातोपसृष्टे हृदये वामयेत्स्निग्धमातुरम् । द्विपञ्चमूलीक्वाथेन सस्नेहलवणेन च ।।१।।

Treatment of Vātika Hṛidroga

1.The patient of *vātika hṛidroga* should first of all be given *snehana* (oleation) therapy followed by *vamana* (emetic) therapy with the help of the decoction of *daśamūla*, oil and rock salt.

(Cakradatt)

पिप्पल्यादिचूर्णम्–

पिप्पल्येला वचा हिङ्गु यवक्षारोऽथसैन्धवम् । सौवर्चलमथो शुणठी अजमोदा च चूर्णितम् ।।२।।
फलधान्याम्लकौलत्थदधिमद्यासवादिभिः । पाययेच्छुद्धदेहञ्च स्नेहेनान्यतमेन वा ।।३।।

2-3. Pippalīādi Cūrṇam:

Ingredients: Powders of *pippalī*, *elā*, *vacā*, *yavakṣāra*, rock salt, *sauvarcala*, *śunṭhī*, *ajamodā*, any of the juices of *phalā* (*triphalā*), *dhānyamla* (a sour drink), decoction of *kulattha*, curd, *madya* (alcoholic drink), *āsava* (a type of fermented drink), etc.

Process of Drug-Making: Take equal parts the powders of *pippalī*, *elā*, *vacā*, *yavakṣāra*, rock salt, *sauvarcala*, *śunṭhī* and *ajamodā*. Compound them together into a powder. Take 2-4 gm. of this powder and add this to any of the juices of *phalā* (*triphalā*), *dhānyamla* (a sour drink), decoction of *kulattha*, curd, *madya* (alcoholic drink), *āsava* (a type of fermented drink), etc.

Method of use/Administration: After the body is cleansed of impurities, the patient should be given the potion along with the drink of any of the unctuous substances. Dosage: 3-5 gm.

(Cakradatt)

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हरीतक्यादिचूर्णम्–

हरीतकी वचा रास्ना पिप्पलीनागरोद्भवम् । शटीपुष्करमूलोत्थं चूर्णं हृद्रोगनाशनम् ।।४।।

4. Harītakyādi Cūrṇam:

Take equal parts of powdered *haraḍa*, *vacā*, *rāsnā*, *pippalī*, dried ginger, *karcūra* and *puṣkaramūla*. Consume this medicine in doses of 2 gm. daily.

पुष्करमूलादिकल्कः (च. चि. अ. २६)

सपुष्कराख्यं फलपूरमूलं महौषधं शट्यभया च कल्काः ।
क्षाराम्लसर्पिर्लवणैर्विमिश्राःस्युर्वातहृद्रोगविकर्त्तिकाघ्नाः ।।५।।

5. Puṣkaramūlādi Kalka:

Ingredients: *Puṣkaramūla*, bark of *mātulunga* root, dried ginger, *karcūra*, *haraḍa*, water, *kṣāra* (*yavakṣāra*), *āmla* (*kānji*), *ghṛitam* and *lavaṇa*.

Process of Drug-Making: Take equal parts of *puṣkaramūla*, bark of *mātulunga* root, dried ginger, *karcūra* and *haraḍa*. Grind these materials. Prepare a *kalka* of these materials by churning them on stone along with water. Add to the preparation *kṣāra* (*yavakṣāra*), *āmla* (*kānji*), *ghṛitam* and *lavaṇa*.

Method of use/Administration: Consume this medicine in doses of 2-3 gm.

Therapeutic benefits: It gives relief from *vātika* heart problems and *vikartika* disorder.

(Caraka)

शुण्ठीक्वाथप्रयोगः–

नागरं वा पिबेदुष्णं कषायञ्चाग्निवर्द्धनम् । कासश्वासानिलहरं शूलहृद्रोगनाशनम् ।।६।।

6. Alternatively the patient should be given the hot decoction (50 ml.) of *nāgara* to drink along with 10 gm. of honey, which stimulates the poser of digestion and cures *kāsa* (coughs), dysponea, aggravated *vāta*, colic pain and heart diseases.

(Cakradatt)

पुष्करादिक्वाथः (च. चि. २६ अ.)–

क्वाथः कृतः पुष्करमातुलुङ्गपलाशपूतीकशटीसुराह्वैः ।
सनागराजाजिवचायमानी सक्षार उष्णो लवणश्च पेयः ।।७।।

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7. Puṣkarādi Kvātha:

Ingredients: *Puṣkaramūla*, root of *jambīra* lemon, bark of *palāśa*, *pūtikā* (*gandhātrīṇa*), *karcūra*, *devadāru*, water, dried ginger, black cumin seeds, *vacā*, caraway seeds, *yavakṣāra* and rock salt.

Process of Drug-Making: Take 30 gm. quantity of the mixture consisting *puṣkaramūla*, root of *jambīra* lemon, bark of *palāśa*, *pūtikā* (*gandhātrīṇa*), *karcūra* and *devadāru*. Also take water (180 ml.). Reduce the decoction to one eigth. Add to the recipe, dried ginger, black cumin seeds, *vacā*, caraway seeds, *yavakṣāra* and rock salt (500 mg. in combination).

Method of use/Administration: When it is warm, give it for drinking to the patient.

Therapeutic benefits: This would give relief from *hṛidroga* (*Vātika*).

(Caraka)

पित्तजहृद्रोगचिकित्सा–

श्रीपर्णीमधुकक्षौद्रसितागुडजलैर्वमेत् ।।८।।

8. Treatment of *paittika hṛidroga*: The patient suffering from *paittika hṛidroga* should be given *vamana* (emetic) therapy with *śṛīparṇī*, *madhuka*, honey, sugar and jaggery mixed along with water or along with water boiled by adding drugs belonging to *mahura* (sweet) group.

(Cakradatt)

घृतादिप्रयोगः–

पित्तोपसृष्टे हृदये सेवेत मधुरैः श्रृतम् । घृतं कषायांश्चोद्दिष्टान् पित्तज्वरविनाशनान् ।।९।।

9. The patient suffering from *paittika hṛidroga* should be given medicated *ghṛitams* and decoctions prescribed for the treatment of *paittika* type of fever.

(Cakradatt)

पैत्तिकहृद्रोगे प्रदेहपरिषेचनादयः–

शीताःप्रदेहाःपरिषेचनानितथाविरकोहृदिपित्तदुष्टे।
द्राक्षासिताक्षौद्रपरूषकैःस्याच्छुद्धेचपित्तापहमन्नपानम।
पिष्ट्वापिबेद्वापिसिताजलेनयष्ट्याह्वयंतिक्तकरोहिणीञ्च ।।१०।।

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10. Cooling ointments, sprinkling of cooling decoctions and *virecana* (purgation) therapy prepared of cooling drugs are useful for the patient suffering from *paittika hṛidroga*. After the body is cleansed, the patient should be given food and drinks which alleviate *pitta*, viz. grape, sugar, honey and *paruṣaka*. The *kalka* of *madhuyaṣṭī* and *tiktaka rohiṇī* along with sugar solution may also be given to him.

(Caraka)

अर्जुनादिसिद्धं क्षीरम्–

अर्जुनस्य त्वाचा सिद्धं क्षीरं योज्यं हृदामये । सितया पञ्चमूल्या वा बलया मधुकेन वा ।।११।।

11. Take *kalka* obtained from bark of *arjuna* (12 gm.), milk (375 ml.) and water (375 ml.) and boil them together till the quantity is reduced to one fourth. When the preparation is cooled down add jaggery to it. The patient of heart problem should consume this recipe. Optionally, one can take 24 gm. measure of the *kalka* of *pañcamūla* herbs or 24 gm. measure *kalka* of *balā* or the same amount of the *kalka* of *madhuyaṣṭī* and decoct them together in water measuring 768 ml. and milk measuring 72 ml. This recipe could also be served to the patient of heart ailments.

(Cakradatt)

अर्जुनत्वक्चूर्णं हृद्रोगे–

घृतेनदुग्धेनगुडाम्भसावापिबन्तिचूर्णंककुभत्वचो ये ।
हृद्रोगजीर्णज्वररक्तपितं हत्वा भवेयुश्चिरजीविनस्ते ।।१२।।

12. Intake of the powder (3 gm.) of the bark of *arjuna* along with *ghṛitam* (6 gm.), *milk* or jaggery treated water (200 ml.) promotes the longevity of the patient by curing heart disease, chronic fever and *rakta pitta* (an ailment characterized by bleeding from different parts of the body).

(Cakradatt)

कफजहृद्रोगचिकित्सा–

वचानिम्बकषायाभ्यां वान्तं हृदि कफोत्थिते । वातहृद्रोगनुच्चूर्णं पिप्पल्यादि च पाययेत् ।।१३।।

13. Treatment of *Kaphaja Hṛidroga*: The patient suffering from *kaphaja hṛidroga* should be given *vamana* (emetic) therapy with the help of the decoction of *nimba* (500 ml.) taken with powder of *vacā* (6 gm.). *Pippalīādi Cūrṇa*

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described for the treatment of *vātika hṛidroga* should also be administered to these patients.

(Cakradatt)

सूक्ष्मैलादिचूर्णम् (बृ. नि. र.)–

सूक्ष्मैला मागधीमूलं प्रलीढं सपिषा सह । नाशयेदाशु हृद्रोगं कफजं सपरिग्रहम् ।।१४।।

14. Śukṣmailādi Cūrṇam:

Ingredients: Seeds of smaller cardamom and *pippalīmūla*.

Process of Drug-Making: Pulverize equal parts of seeds of smaller cardamom and *pippalīmūla*.

Method of use/Administration: Consume this medicine in doses of 500 mg. to 1000 mg. along with cow *ghṛitam* and honey.

Therapeutic benefits: It cures *kapha* generated heart problems and other related disorders.

(*Br.Ni.Ratn.*)

त्रिवृतादिचूर्णम् (वृ. नि. र.)

त्रिवृच्छटीबलारास्नाशुण्ठीपथ्या सपौष्करा । चूर्णिता वा श्रृता मूत्रे पातव्याः कफहृद्गदे ।।१५।।

15. Tṛivṛitādi Cūrṇam:

Ingredients: Powders of root of *tṛivṛit*, *karcūra*, root of *balā*, *rāsnā*, dried ginger, *haraḍa* and *puṣkaramūla*.

Process of Drug-Making; Take mixture containing equal powders of root of *tṛivṛit*, *karcūra*, root of *balā*, *rāsnā*, dried ginger, *haraḍa* and *puṣkaramūla*.

Method of use/Administration: Consume this medicine in doses of 3-5 gm. along with cow urine (50 ml.) and warm water. The same materials can also be used along with *gomūtra* to prepare a decoction. Either of the recipe could be used to get relief from *kaphaja hṛidroga*.

Therapeutic benefits: This would help in alleviating heart problems generated due to the vitiated *kapha*.

(*Br.Ni.Ratn.*)

त्रिदोषजहृद्रोगचिकित्सा–

त्रिदोषजे लङ्घनमादितःस्यादन्नञ्च सर्वेषु हितं विधेयम् ।

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हीनातिमध्यत्वमवेक्ष्यचैव कार्यंत्रयाणामपिकर्मशस्तम् ।।१६।।

16. Treatment of sannipātika hṛidroga:

In *sannipātika hṛidroga*, first of all, the patient should be given *langhaṇa* (fasting) therapy. Thereafter, he should take such diet which is wholesome for all the three *doṣas*. After ascertaining less aggravated, more aggravated and moderately aggravated *doṣas*, he should be given such therapies as would alleviate all these *doṣas*.

(Caraka)

पुष्करमूलचूर्णं हृद्रोगे–

चूर्णं पुष्करजं लिह्यान्माक्षिकेण समायुतम् । हृच्छूलश्वासकासघ्नं क्षयहिक्कानिवारणम् ।।१७।।

17. Puṣkaramūla Cūrṇam:

The powder of *puṣkaramūla* should be taken along with honey. This medication cures cardiac pain, dysponea, *kāsa* (coughs), consumption and hiccups.

Dosage: 1-2 gm. along wih honey.

(Cakradatt)

गोधूमार्जुनचूर्णम्–

तैलाज्यगुडविपक्वंचूर्णंगोधूमपार्थजंवाऽपि।पिबतिपयोऽनुचसभवेज्जितसकलहृदामयःपुरुषः।१८।।

18. Godhūmarjuna Cūrṇam:

Intake of wheat flour (50 gm.) and *arjuna* bark powder (6 gm.) boiled with oil (12 ml.), *ghṛitam* (12 ml.) and jaggery (50 gm.) and diet of milk as well as rice makes the person free from all heart diseases.

(Cakradatt)

नागबलार्जुनचूर्णयोः प्रयोगौ–

मूलं नागबलायास्तु चूर्णं दुग्धेन पाययेत् । हृद्रोगश्वासकासघ्नं ककुभस्य च वल्कलम् ।।१९।।
रसायनं परं बल्यं वातजिन्मासयोजितम् । संवत्सरप्रयोगेण जीवेद्वर्षशतं ध्रुवम् ।।२०।।

19-20. Nāgabalārjuna Cūrṇam:

Ingredients: Powder of the root of *nāgabalā* or the bark of *arjuna*.

Process of Drug-Making: This a powder-based formula involving all the ingredients in equal parts.

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Method of use/ Administration and Therapeutic benefits: Get the powder of the root of *nāgabalā* or the bark of *arjuna* and serve it in doses of 2-3 gm. every day along with cow milk. Optionally, one can take powder of *arjuna* bark along with cow milk. Both these recipes cure heart diseases, dysponea and *kāsa* (coughs). These recipes help in rejuvenation of the body, promotion of strength and alleviation of *vāta* if used for one month. If this recipe is taken for one year, then the patient certainly lives for one hundred years.

(Cakradatt)

हिङ्ग्वादि चूर्णम्–

हिङ्गूग्रगन्धा विडविश्वकृष्णाकुष्ठाभयाचित्रकयावशूकम् ।
पिबेत्ससौवर्चलपुष्कराढ्यंयवाम्भसा शूलहृदामयघ्नम् ।।२१।।

21. Hingavādi Cūrṇam:

Ingredients: Powder of *hingu*, *ugra gandha*, *viḍa*, *viśvā*, *kṛiṣṇā*, *kuṣṭha*, *citraka* and *yavakṣāra*.

Process of Drug-Making: This is a powder-based formula involving all the ingredients in equal parts.

Method of use/Administration: Take the powder of *hingu*, *ugra gandha*, *viḍa*, *viśvā*, *kṛiṣṇā*, *kuṣṭha*, *citraka* and *yavakṣāra* mixed with sufficient quantity of *sauvarcala* and *puṣkaramūla* along with barley water.

Therapeutic benefits: It cures colic pain and heart diseases.

(Cakradatt)

ककुभादिचूर्णम्–

कंकुभत्वग् वचा रास्ना बला नागबलाऽभया । शटी पुष्करमूलञ्च पिप्पली विश्वभेषजम् ।।२२।।
सर्वाण्येतानि सञ्चूर्ण्य सर्पिषा शाणमात्रया । भक्षयेत्प्रातरुत्थाय सर्वहृद्रोगशान्तये ।।२३।।

22-23. Kamkubhādi Cūrṇam:

Ingredients: Bark of *arjuna*, *vacā*, *rāsnā*, root of *balā*, root of *nāgabalā*, *haraḍa*, *karcūra*, *puṣkaramūla*, *pippalī* and dried ginger.

Process of Drug-Making: Take equal parts of bark of *arjuna*, *vacā*, *rāsnā*, root of *balā*, root of *nāgabalā*, *haraḍa*, *karcūra*, *puṣkaramūla*, *pippalī* and dried ginger. Collect them together and pulverize the mix into fine powder.

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Method of use/Administration: During morning hours consume this medicine in doses of 1 gm. along with *ghṛitam*.

Therapeutic benefits: This medicine is very helpful in alleviating heart disorders.

पाठाद्यचूर्णम्–

पाठां वचां यवक्षारमभयां चाम्लवेतसम् । दुरालभां चित्रकञ्च त्र्यूषणञ्च फलत्रयम् ।।२४।।
शटीं पुष्करमूलञ्च तिन्तिडीकं सदाडिमम् । मातुलुङ्गस्य मूलानि श्लक्ष्णचूर्णानि कारयेत् ।।२५।।
सुखोदकेन मद्यैर्वा प्लुतान्येतानि पाययेत् । अर्शः शूलञ्च हृद्रोगं गुल्मञ्चाशु नियच्छति ।।२६।।

24-26. Pāṭhādya Cūrṇam:

Ingredients: Powders of *pāṭhā*, *vacā yavakṣāra*, *abhayā*, *āmlavetasa*, *durālabhā*, *citraka*, *tryūṣṇa*, *ṭriphalā*, *śaṭī*, *puṣkaramūla*, *tintiḍi*, *dāḍima* and root of *mātulunga*.

Process of Drug-Making: Take equal parts of the powders of *pāṭhā*, *vacā yavakṣāra*, *abhayā*, *āmlavetasa*, *durālabhā*, *citraka*, *tryūṣṇa*, *ṭriphalā*, *śaṭī*, *puṣkaramūla*, *tintiḍi*, *dāḍima* and root of *mātulunga*. Compound them together into a fine powder.

Method of use/Administration: Take this powder in doses of 2-4 gm. along with lukewarm water or liquor.

Therapeutic benefits: It cures piles, colic pain, heart disease and *gulma* (phantom tumour) instantaneously.

(Cakradatt)

दशमूलक्वाथः–

दशमूलकषायस्तु लवणक्षारयोजितः । कासं श्वासञ्च हृद्रोगं गुल्मं शूलञ्च नाशयेत् ।।२७।।

27. Daśamūla Kvātha:

Decoction of *daśamūla* mixed with salt and *kṣāra* (alkali preparation) cures *kāsa* (coughs), asthma, heart disease, *gulma* (phantom tumour) and colic pain.

(Cakradatt)

गोधूमार्जुनयवाग्वाः प्रयोगान्तरम्–

गोधूमककुभचूर्णंछागपयोगव्यसर्पिषापक्वम् । मधुशर्करासमेतंशमयतिहृद्रोगमुद्धतं पुंसाम् ।।२८।।

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28. Get wheat flour (46 gm.) and powder of bark of *arjuna* (3-5 gm.). Collect both these materials in a frying pan and add *ghṛitam* (46 gm.) to it. Heat the preparation on a slow heat. When the preparation is properly heated, cook the same with goat milk (100 ml.). Add sugar (50 gm.) to it when the preparation is half cooked. Following this, cook the preparation properly till it gets thickened. Remove the same from the stove and let it cool down. When it is cooled, add honey (10 gm.) to it. Consume it to get relief from severe heart problems.

(Cakradatt)

मृगशृङ्गभस्मप्रयोगः–

पुटदग्धमश्मपिष्टंहरिणविषाणंचसर्पिषापिबतः । हृत्पृष्ठशूलमुपशममुपयात्यचिरेणकष्टमपि।।२९।।

29. Deer horn should be burnt through the *puṭa* process and made to a powder by grinding over stone. Intake of this powder (250-500 mg.) with *ghṛitam* (12 gm.) cures cardiac pain and back pain, even if these are of serious nature.

(Cakradatt)

तत्रादौ साधारणक्रमः–

क्रिमिहृद्रोगिणं स्निग्धं भोजयेत्पिशितौदनम् । दध्ना च पललोपेतं त्र्यहं पश्चाद्विरेचयेत् ।।३०।।

30. The patient suffering from *kṛimija hṛidroga* should take rice cooked along with meat and *ghṛitam* along with curd and *palāla*. After three days, the patient should be given *virecana* (purgation) therapy.

(Cakradatt)

विरेचनप्रयोगः–

सुगन्धिभिः सलवणैर्योगैः साजाजिशर्करैः । विडङ्गगाढैर्धान्याम्लं पाययेद्धितमुत्तमम् ।।३१।।

31. *Dhānyāmla* (a type of sour drink) mixed with fragrant drugs, salt, *ajājī*, sugar and *viḍanga* (in equal parts) should be taken by the patient suffering from *kṛimija hṛidroga*.

Dosage: 3-4 gm. along with water.

(Cakradatt)

क्रिमिजे च पिबेन्मूत्रं विडङ्गामयसंयुतम् । हृदि स्थिताः पतन्त्येवमधस्तात् क्रिमयो नृणाम् ।
यवान्नं वितरेच्चास्मै सविडङ्गमतः परम् ।।३२।।

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32. The patient suffering from *kṛimija hṛidroga* should drink cow's urine (50 ml.) mixed with powders of *viḍanga* (2 gm.) and *kuṣṭha* (1 gm.). By this, the germs of the heart gets excreted through stool. Thereafter, the patient should be given barley along with *viḍanga*.

(Cakradatt)

त्रिनेत्रो रसः–

रसगन्धाभ्रमस्मानि पार्थवृक्षत्वगम्बुना । एकविंशतिधा चैवं भावितानि विधानतः ।।३३।।
माषमात्रमिदं चूर्णं मधुना सह लेहयेत् । वातजं पित्तजं श्लेष्मसम्भूतं वा त्रिदोषजम् ।।३४।।
कृमिजं चापि हृद्रोगं निहन्त्येव न संशयः ।।३५।।

33-35. Trinetra Rasa

Ingredients: Purified *pārada*, purified *gandhaka*, *abhraka bhasma* and *arjuna* tree's bark.

Process of Drug-Making: Take equal parts of purified *pārada*, purified *gandhaka* and *abhraka bhasma*. First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix *abhraka bhasma* into it. Triturate the mix properly. Treat it with the decoction of *arjuna* tree's bark through *bhāvanā* method for 21 consecutive times. Dry the same under sun and prepare pills in measurement of 125 mg. each. Dry these pills under shade and preserve in glass bottles.

Method of use/Administration: This medicine is known as *Trinetra Rasa* and it should be consumed daily during morning hours along with honey.

Therapeutic benefits: This would cure heart problems generated due to *vāta*, *pitta*, *śleṣmika*, *tridoṣaja* and *kṛimij*.

(*Rasendra Kāmdhenu*)

नागार्जुनाभ्रम्–

सहस्रपुटनैः शुद्धं वज्राभ्रमर्जुनत्वचः । सत्वैर्विमर्दितं सप्तदिनं खल्ले विशोषितम् ।।३६।।
छायाशुष्का वटी कार्या नाम्नेदमर्जुनाह्वयम् । हृद्रोगं सर्वशूलशोंहल्लासच्छर्द्यरोचकान् ।।३७।।
अतीसारमग्निमान्द्यं रक्तपितं क्षतक्षयम् । शोथोदराम्लपित्तञ्च विषमज्वरमेव च ।।
हन्त्यन्यानापि रोगांश्च बल्यं वृष्यं रसायनम् ।।३८।।

36-38. Nāgārjuna Abhrama:

Ingredients: *Sahastraputi vajrābhraka bhasma* and decoction of *arjuna* tree's bark.

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Process of Drug-Making: Take 100 gm. measure of *sahastraputi vajrābhraka bhasma* and immerse it in **decoction of *arjuna*** tree's bark for seven days. Later properly triturate the **compound and prepare pills** measuring 125 mg. each. Dry the pills and preserve them in glass **bottle. This** medicine is known as *Nāgarjuna Abhrama.*

Therapeutic benefits: This medicine is capable of curing heart problems, all types of *śūla*, piles, vomitting tendency, *vamana*, anorexia, *atisāra*, *agnimāndya*, *rakta pitta*, *kṣatajanya kṣaya*, *śotha*, problems of gastrointestinal tract, *āmlapitta*, *viṣam jvara* and several other diseases. This medicine promotes strength, aphrodisiac power and vital nutrients of body.

(*Ra. Ra. Sa.*)

हृदयार्णवरसः–

सूतार्कगन्धकंक्वाथेवराया मर्दयेद् दिनम् । काकमाच्या वटीं कृत्वा चणमात्राञ्च भक्षयेत् ।।३९।।
हृदयार्णवनामाऽयं हृद्रोगदलनो रसः ।।४०।।

39-40. Hṛidayārṇva Rasa:

Ingredients: Purified *pārada*, *tāmra bhasma*, purified *gandhaka*, *triphalā* herbs, and the *kākamācī.*

Process of Drug-Making: Obtain equal parts of purified *pārada*, *tāmra bhasma* and purified *gandhaka.* First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix *tāmra bhasma* into it. Treat the compound with decoction of *triphalā* through *bhāvanā* method for one day and triturate it. On the second day, process the preparation along with the decoction and juice of *kākamācī* through *bhāvanā* method and mortar it. Prepare pills measuring 250 mg. each. Dry these pills and preserve in glass bottles.

Method of use/Administration: Consume one pill of this medicine twice daily along with decoction of *arjuna.*

Therapeutic benefits: It is an effective cure for heart problems.

(*Rasendra Cintāmani*)

पञ्चाननरसः–

सूतगन्धौ द्रवैर्धात्र्या मर्दयेद् गोस्तनीद्रवैः । यष्टिखर्जूरसलिलैर्दिनञ्च परिमर्दयेत् ।।
धात्रीचूर्णं सिताञ्चानु पिबेद्धृद्रोगशान्तये ।।४१।।

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41. Pañcānana Rasa:

Ingrdients: Purified *pārada*, purified *gandhaka*, *āmalakī*, raisins, *madhuyaṣṭī* dates (*kharjūra*).

Process of Drug-Making: Obtain purified *pārada* and purified *gandhaka* measuring 48 gm. each. Triturate them and prepare *kajjalī*. Treat this *kajjalī* separately and for one whole day with each of the following through *bhāvanā* method: juice of *āmalakī*, decoction of *āmalakī*, decoction of raisins, decoction of *madhuyaṣṭī* and decoction of dates (*kharjūra*). Triturate it properly and prepare pills measuring 250 mg. each. Dry them and preserve in glass bottle.

Method of use/Administration: Consume this medicine daily during morning and evening in doses of one pill that too before taking meals. Also consume mixture of *āmalakī* (1 gm.) and sugar (2 gm.) in powdered form followed by decoction of *arjuna* tree's bark.

Therapeutic benefits: This medicine is very effective in alleviating all types of heart disorders.

(*Ra. Ra. Sa.*)

प्रभाकरवटी–

माक्षिकं लौहभ्रञ्जतुगाक्षीरी शिलाजतु । क्षिप्त्वा खल्लोदरे पश्चाद् भावयेत् पार्थवारिणा ।।४२।।
वल्लद्वयमितांकुर्याद्वटींछायाविशोषिताम् । प्रभाकरवटी सेयं हृद्रोगान् निखिलाञ् जयेत् ।।४३।।

42-43. Prabhākara Vaṭī:

Ingredients: *Svarṇamākṣika bhasma*, *lauha bhasma*, *abhraka bhasma*, *vanśalocana*, purified *śilājātu* and *arjuna* tree's bark.

Process of Drug-Making: Obtain equal parts of *svarṇamākṣika bhasma*, *lauha bhasma*, *abhraka bhasma*, *vanśalocana* and purified *śilājatu*. Combine all these materials together and triturate the mix. Treat the compound with decoction of *arjuna* tree's bark through *bhāvanā* method and triturate it again. Prepare pills measuring 750 mg. each. Dry these pills under shade and preserve them in glass bottle.

Therapeutic benefits: This medicine is known as *Prabhākara Vaṭī* and it is very helpful in curing heart problems.

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चिन्तामणिरसः–

पारदं गन्धकञ्चाभ्रं लौहं वङ्गं शिलाजतु । समं समं गृहीत्वा च स्वर्णं सूताङ्घ्रिसम्मितम् ।।४४।।
स्वर्णस्य द्विगुणं रौप्यं सर्वमेकत्र मर्दयेत् । चित्रकस्य द्रवेणापि भृङ्गराजाम्भसा ततः ।।४५।।
पार्थस्याथकषायेण, सप्तकृत्वोविभावयेत् । ततोगुञ्जामिताः कुर्याद् वटीश्छायाप्रशोषिताः ।।४६।।
एकैकांदापयेदसांगोधूमक्वाथवारिणा । हृद्रोगान्निखिलान् हन्ति व्याधीन् फुप्फुसजानपि ।।४७।।
प्रमेहान् विंशतिश्वासान्कासानापि सुदुस्तरान् । बलतुष्टिकरो ह्यो रसश्चिन्तामणिः स्मृतः ।।४८।।

44-48. Cintāmaṇi Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *abhraka bhasma*, *lauha bhasma*, *vanga bhasma*, *svarṇa bhasma*, silver *bhasma*, decoction of *citraka* (root), juice of *bhṛingarāja* and decoction of *arjuna*.

Process of Drug-Making: Take 12 gm. each of purified *pārada*, purified *gandhaka*, *abhraka bhasma*, *lauha bhasma*, *vanga bhasma*, *svarṇa bhasma* (3 gm.) and silver *bhasma* (6 gm.). First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials together. Finely powder these materials together and treat the compound separately with decoction of *citraka* (root), juice of *bhṛingarāja* and decoction of *arjuna* through *bhāvanā* method for seven times each. Prepare pills measuring 125 mg. each and preserve them in bottle after drying them under shade.

Method of use/Administration: Consume one pill of this medicine daily along with decoction of wheat (12 ml.).

Therapeutic benefits: Its regular consumption would provide relief from all types of heart problems, lungs' disorder, 20 types of *prameha* (i.e. urinary disorders including diabetes), asthma, *kāsa* (coughs) and the like. This medicine is known as *Cintāmaṇi Rasa* and it is good for health and heart. It provides strength and stamina to the body.

विश्वेश्वररसः–

स्वर्णाभ्रलौहवङ्गनां रसगन्धकयोरपि । वैक्रान्तस्य च संगृह्य भागांस्तोलकसम्मितान् ।।४९।।
कर्पूरसलिलेनाथ भावयित्वा यथाविधि । रक्तिकैकप्रमाणेन विदध्याद्वटिकास्ततः ।।५०।।
अयंविश्वेश्वरोनामरसः फुप्फुसजान् गदान् । हृद्रोगांश्च जयेत् सर्वान् संशयोऽत्र न विद्यते ।।५१।।

49-51. Viśveśvara Rasa:

Ingredients: *Svarṇa bhasma*, *abhraka bhasma*, *lauha bhasma*, *vanga bhasma*, purified *pārada*, purified *gandhaka*, *vaikanta bhasma* and decoction of *arjuna*.

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Process of Drug-Making: Take the following: *svarṇa bhasma*, *abhraka bhasma*, *lauha bhasma*, *vanga bhasma*, purified *pārada*, purified *gandhaka* and *vaikanta bhasma* (each in measure of 12 gm.). First of all prepare *kajjalī* out of *pārada* and *gandhaka* and add rest of the materials into it. Treat the compound with decoction of *arjuna* through *bhāvanā* method. Triturate the compound properly and prepare pills measuring 125 mg. each. Dry these pills and preserve them in glass bottle. This medicine is known as *Viśveśara Rasa*.

Therapeutic benefits: It is capable of curing disorders generated to the lungs and all types of heart problems.

शङ्करवटी–

रसस्य भागाश्चत्वारो वलेरष्ट तथा मताः । त्रयो लौहस्य नागस्य द्वावित्येकत्र मर्दयेत् ।।५२।।
भावयेत् काकमाच्याश्च चित्रकस्यार्द्रकस्य च । स्वरसेन जयन्त्याश्च वासाया बिल्वपार्थयोः ।।५३।।
ततो गुञ्जाद्वयमितां विदध्याद् वटिकां भिषक् । एकैकां दापयेदासामीषदुष्णेन वारिणा ।।५४।।
जयेदियं फुफ्फुसजान् रोगान् हृदयसम्भवान् । जीर्णज्वरं तथा घोरं प्रमेहानपि विंशतिम् ।।५५।।
कासश्वासामवातांश्च ग्रहणीमपि दुस्तराम् । वटी श्रीशङ्करप्रोक्ता बलपुष्टिविवर्द्धिनी ।।५६।।

52-56. Śankara Vaṭī:

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma*, *nāga bhasma*, juice of *kākamācī*, decoction of *citraka's* bark, juice of ginger, juice of *jayantī's* leaves, juice of *vāsa* leaves, decoction of *bilva's* bark and decoction of *arjuna*.

Process of Drug-Making: Obtain the ingredients in the following measures: purified *pārada* (40 gm.), purified *gandhaka* (80 gm.), *lauha bhasma* (30 gm.) and *nāga bhasma* (20 gm.). First of all prepare *kajjalī* out of *pārada* and *gandhaka* and add rest of the materials into it. Treat the compound through *bhāvanā* method separately with each of the following: juice of *kākamācī*, decoction of *citraka's* bark, juice of ginger, juice of *jayantī's* leaves, juice of *vāsa* leaves, decoction of *bilva's* bark and decoction of *arjuna*. Later triturate the compound properly and prepare pills measuring 250 mg. each. Dry the pills under shade and preserve them in glass bottle. Daily take one pill of this medicine during morning and evening hours along with lukewarm water.

Therapeutic benefits: This medicine is known as *Śankara Vaṭī* and it cures disorders of the lungs and heart, *jīrṇa jvara*, 20 types of *prameha* (i.e. urinary

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disorders including diabetes), *kāsa* (coughs), asthma, *āmavāta* and severe *sangrahaṇī*. It also promotes strength and stamina of the body.

कल्याणसुन्दरो रसः–

सिन्दूरमभ्रं तारञ्च ताम्रं हेम च हिङ्गुलम् । सर्वं खल्लतले क्षिप्त्वा मर्दयेद् वह्निवारिणा ।।५७।।
हस्तिशुण्ड्यम्भसा पश्चाद् भावयित्वा च सप्तधा । गुञ्जामात्रां वटीं कृत्वा कोष्णतोयेन दापयेत् ।।५८।।
उरस्तोयञ्च हृद्रोगं वक्षोवातमुरोऽस्रकम् । फौप्फुसान् हन्ति रोगांश्च रसः कल्याणसुन्दरः ।।५९।।

57-59. Kalyāṇa Sundara Rasa:

Ingredients: *Rasa sindūra*, *abhraka bhasma*, *rajata bhasma*, *tāmra bhasma*, *svarṇa bhasma*, purified *hiñgula*, decoction of *citraka* (root) and decoction of *hastiśuṇḍī*.

Process of Drug-Making: Get equal parts of *rasa sindūra*, *abhraka bhasma*, *rata bhasma*, *tāmra bhasma*, *svarṇa bhasma* and purified *hiñgula*. Compound them together. Properly treat the compound with the decoction of *citraka* (root) and triturate the same. When the compound is dried, treat it again through *bhāvanā* method with decoction of *hastiśuṇḍī* for seven times. Triturate the compound for one whole day after each of the *bhāvanā* process. Finally triturate it and prepare pills measuring 125 mg. each. Dry and preserve them in glass bottle.

Method of use/Administration: Consume one pill of this medicine along with lukewarm water. Take this medicine twice or thrice daily.

Therapeutic benefits: This medicine alleviates problems like *urastoya* (pleurisy), heart problems, *pakṣa ghāṭa*, *vāta vikāra*, *urahkṣata janya* bleeding and all the lungs related indispositions.

रत्नाकररसः (आ. वि.)–

हेमहीरकवैक्रान्तवङ्गाभ्ररसगन्धकाः । समभागमिता योज्याः सर्वतुल्यमयो मतम् ।।६०।।
खल्लेनिक्षिप्यसर्वाणिभावयेत्ककुभाम्भसा । गोधूमस्ययवस्यापि क्वाथेन सप्तधा पृथक् ।।६१।।
ततःकन्याऽम्बुनाप्राज्ञस्त्रीन्वारान्परिषेचयेत् । रक्तशाल्यन्तरेपिण्डंनिशाः सप्त च धारयेत् ।।६२।।
समुद्धृत्य वटीश्चाथ कुर्यात्स्विन्नकलायवत् । अर्जुनस्य कषायेण काञ्जिकेनासवेन वा ।।६३।।
गोधूमस्य यवस्यापि क्वाथेन हविषाऽपि वा । यथादोषानुपानैर्वा प्रदद्यात्परमौषधम् ।।६४।।
वातिकं पैत्तिकंचापिश्लैष्मिकंसांनिपातिकम् । क्रिमिजं हृद्गदं चापि कौष्ठिकं पृथुकं तथा ।।६५।।
तथाऽऽवरणिकं घोरं गदं विक्षेपिकाऽभिधम् । मेदःसूत्राभिधं चापि परिक्षयगदं तथा ।।६६।।
आयामिकां च यक्ष्माणंवातपित्तकफामयान् । हन्त्ययंनिखिलान्रोगान् वृक्षमिन्द्राशनिर्यथा ।।६७।।

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60-67. Ratnākara Rasa:

Ingredients: *Suvarṇa bhasma*, *hīraka bhasma*, *bhasma* of *vaikrāntamaṇi*, *vanga bhasma*, *abhraka bhasma*, purified *pārada* or *Rasa sindūra*, purified *gandhaka*, *lauha bhasma*, decoction of *arjuna*, decoction of wheat, decoction of barley and juice of *ghṛitakumārī*.

Process of Drug-Making: Take equal parts of *bhasma* of gold, *bhasma* of diamond, *bhasma* of *vaikrāntamaṇi*, *vanga bhasma*, *abhraka bhasma*, purified *pārada* or *rasa sindūra* and purified *gandhaka*. Also take *lauha bhasma* equal to the combined weight of all the materials. Collect all these materials in a mortar. Treat the compound separately with each of the following: decoction of *arjuna*, decoction of wheat and decoction of barley, usung both of the liquids for seven times each. Subsequently, process the preparation through *bhāvanās* method along with juice of *ghṛitakumārī*. Triturate the compound and prepare lumps out of it. Put the lump in a heap of red *śāli* variety of paddy for seven nights. Later take them out and prepare small pills similar to the size of boiled peas.

Method of use/Administration: Consume this medicine in doses equal to one pea in measure along with any one of the following: decoction of *arjuna*, *kānji*, *āsava*, decoction of wheat, decoction of barley or *ghṛitam*.

Therapeutic benefits: This medicine is helpful in curing heart disorders caused due to *vāta*, *pitta*, *kapha*, *sannipātta* and *kṛimi*. It also checks *kauṣṭhika*, *pruthuka*, *āvaṛIṇika*, *vikṣepika*, *medā sūtra*, *pṛikṣaya*, *āyāmika* named heart disorders, *yakṣamā*, *vāta*, *pitta* and *kapha* disorders and the like. The medicine is as effective as the *vajra* of Indra in wiping out the trees.

(*Āyurved Vigyān*)

वल्लभकं घृतम्–

मुख्यं शतार्द्धञ्च हरीतकीनांसौवर्चलस्यापि पलद्वयञ्च ।
पक्वं घृतं वल्लभकेति नाम्ना हृल्लासशूलोदरमारुतघ्नम् ।।६८।।

68. Vallabhaka Ghṛitam:

Ingredients: *Harītakī* fruits, *sauvarcala* salt and *mūrcchita ghṛitam*.

Process of Drug-Making: Take fine quality of *harītakī* fruits (50 no.) and *sauvarcala* salt measuring 93 gm. and compounding them together on a stone slab to prepare a *kalka*. Take *mūrcchita ghṛitam* measuring 6 kg. of this *kalka* and

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water measuring four times of the *mūrcchita ghṛitam*. Store all these ingredients in a metal pot and thoroughly cook them together.

Method of use/ Administration: This medicated *ghṛitam* should be taken in doses of 6 gm. to 12 gm. along with milk or lukewarm water everyday.

Therapeutic benefits: It cures heart diseases, asthma, colic pain, *udara* (abdominal diseases including ascites) and diseases caused by *vāta*.

(Cakradatt)

श्वदंष्ट्राद्यं घृतम्–

श्वदंष्ट्रोशीरमञ्जिष्ठाबलाकाश्मर्यकत्तृणम् । दर्भमूलं पृथक्पर्णी पलाशर्षभकौ स्थिरा ।।६९।।
पलिकान् साधयेत्तेषां रसे क्षीरे चतुर्गुणे । कल्कैः स्वगुप्तर्षभकमेदाजीवन्तिजीवकैः ।।७०।।
शताव्र्यृद्धिमृद्वीकाशर्कराश्रावणीबिसैः । प्रस्थः सिद्धो घृताद्वातपित्तहृद्रोगशूलनुत् ।।७१।।
मूत्रकृच्छ्रप्रमेहार्शःश्वासकासक्षयापहम् । धनुःस्त्रीमद्यभाराध्वखिन्नानां बलमांसदम् ।।७२।।

69-72. Śvadaṃṣṭrādya Ghṛitam:

Ingredients: *Śvadaṃṣṭra*, *uśīra*, *manjiṣṭhā*, *balā*, *kāśmarya*, *karttṛina*, root of *darbha*, *pṛithakaparṇī*, *palāśa*, *ṛiṣabhaka*, *sthirā*, water, *mūrcchita ghṛitam*, milk, *svagupta*, *ṛiṣabhaka*, *medā*, *jīvantī*, *jīvaka*, *śatāvarī*, *ṛiddhi*, *mṛidvīkā*, *śarkara*, *śrāvaṇī* and *viṣa*.

Process of Drug-Making: Take 185 gm. measure each of *śvadaṃṣṭra*, *uśīra*, *manjiṣṭhā*, *balā*, *kāśmarya*, *karttṛina*, root of *darbha*, *pṛithakaparṇī*, *palāśa*, *ṛiṣabhaka* and *sthirā*. Coarsely powder them together. Take 12 litre of water and decoct the above powder till the quantity is reduced to one fourth. Add 3 kg. of *mūrcchita ghṛitam* and 12 litre of milk to the preparation. Also add to the recipe a *kalka* prepared out of the following herbs taken in equal parts (65 gm. each): *svagupta*, *ṛiṣabhaka*, *medā*, *jīvantī*, *jīvaka*, *śatāvarī*, *ṛiddhi*, *mṛidvīkā*, *śarkara*, *śrāvaṇī* and *viṣa*. Store all the ingredients in a metal pot and cook them together.

Therapeutic benefits: This medicated *ghṛitam* cures *vātika hṛidroga*, *paittika hṛidroga*, colic pain, dysuria, *prameha* (obstinate urinary disorders, including diabetes), piles, asthma, *kāsa* (coughs) and consumption. It promotes strength and muscles of persons who are emaciated because excessive indulgence in archery and indulgence in women, alcohol, heavy weight lifting and walking long distance.

(Cakradatt)

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बलाद्यं घृतम्–

घृतं बलानागबलाऽर्जुनाम्बुसिद्धं सयष्टीमधुकल्कपादम् ।
हृद्रोगशूलक्षतरक्तपित्तंकासानिलासृक् शमयत्युदीर्णम् ।।७३।।

73. Balādya Ghṛitam:

Ingredients: *Mūrcchita ghṛitam*, *balā*, *nāgabalā*, *arjuna*, water and *madhuyaṣṭī*.

Process of Drug-Making: Take *mūrcchita ghṛitam* (750 gm.) along with equal parts of *balā*, *nāgabalā* and *arjuna* (measuring 3 kg. in combination) and decoct them together in water measuring 12 litre. Boil the preparation down to one fourth. Add 187 gm. measure of the *kalka* of *madhuyaṣṭī* to it and again cook the preparation.

Method of use/Administration: This medicated *ghṛitam* should be taken in doses of 6 gm. to 12 gm. every day along with lukewarm water.

Therapeutic benefits: It cures serious types of heart disease, colic pain, phthisis, *rakta pitta* (an ailment characterized by bleeding from different parts of the body), *kāsa* (coughs) and *vāta rakta* (gout).

(Cakradatt)

अर्जुनघृतम्–

पार्थस्य कल्कस्वरसेन सिद्धं शस्तं घृतं सर्वहृदामयेषु ।।७४।।

74. Arjuna Ghṛitam:

Ingredients: *Mūrcchita ghṛitam*, bark of *arjuna* and water.

Process of Drug-Making: Take *mūrcchita ghṛitam* (1 kg.) and bark of *arjuna* (250 gm.). Also take decoction or juice of *arjuna's* bark measuring 4 litre. Add to the recipe 250 gm. of *kalka* of *arjuna* barks. Cook the preparation again.

Dosage: 12 gm. along with warm milk or water.

Therapeutic benefits: This medicated *ghṛitam* is useful in all types of heart disease.

(Cakradatt)

पार्थाद्यरिष्टः–

पार्थत्वचं तुलमेकां मृद्वीकाऽर्द्धतुलां तथा । भागं मधूकपुष्पस्य पलविंशतिसंमितम् ।।७५।।
चतुर्द्रोणेऽम्भसःपक्त्वा द्रोणमेवावशेषयेत् । धातक्या विंशतिपलं गुडस्य च तुलां क्षिपेत् ।।७६।।
मासमात्रंस्थितोभाण्डेभवेत्पार्थाद्यरिष्टकः । हृत्फुप्फुसगदान् सर्वान् हन्त्ययं बलवीर्यकृत् ।।७७।।

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75-77. Pārthādyariṣṭa:

Ingredients: Bark of *arjuna*, raisin, flowers of *madhūka*, water, powder of *dhātakī* flowers and old jaggery.

Process of Drug-Making: Obtain bark of *arjuna* (5 kg.), raisin (2.50 kg.), flowers of *madhūka* (1 kg.) and water (48 litres). Put all these materials in a frying pan and decoct them. Decoct the same until the original quantity is reduced to one fourth. Following this, filter the decoction and add to it the powder of *dhātakī* flowers (1 kg.) and old jaggery (5 kg.). Fill them in an earthen pitcher which is *suvasita* (aromated). Close the mouth of the pitcher with *śarāva* or an earthen lid. Seal it with mud-smeared pieces of cloth. Put the pitcher in some lone warm place or in a pit under ground for one month. After one month remove out the compound and sieve it. Preserve the compound in glass bottle. This medicine is known as *Pārthādyariṣṭa*.

Method of use/Administration: Consume this medicine twice daily after meals in doses of 12-25 ml. measure.

Therapeutic benefits: This medicine cures all disorders generated in heart and lungs.

हृद्रोगे पथ्यानि (प. प)–

स्वेदो विरेको वमनं च लङ्घनंवस्तिर्विलेपो चिरक्तशालयः ।
मृगाद्विजा जाङ्गलसंज्ञयाऽन्वितायूषा रसा मुद्गकुलत्थसंभवाः ।।७८।।
रागाः खडाः काम्बलिकाश्च षाडवाभयं पटोलं कदलीफलान्यपि ।
पुराणकूष्माण्डरसालदाडिमंशम्याकशाकं नवमूलकान्यपि ।।७९।।
एरण्डतैलं गगनाम्बु सैन्धवंद्राक्षाऽपि तक्रं च पुरातनो गुड़ ।
शुण्ठी यवानी लशुनं हरीतकी कुष्ठं च कुस्तम्बुरु कृष्णामार्द्रकम् ।।८०।।
सौबीरशुक्तं मधु वारुणीरसःकस्तूरिका चन्दनकं प्रपानकम् ।
ताम्बूलमप्येष गणः सखा भवेन्मर्त्यस्य हृद्रोगनिपीडितस्य ।।८१।।

78-81. The following measures and products are considered to be good and favourable in curing heart problems: *svedana karma*, *virecana*, *vamana*, *langhaṇa* (fasting), *basti karma*, *vilepī*, old red rice, meat soup of wild animals and birds, *mudga*, *yūṣa* of *kulattha*, *rāgā*, *khaḍayūṣa*, *kāmblika yūṣa*, *ṣāḍava*, fruit of *abhaya*, *paṭola*, banana fruit, old *kuṣmāṇḍa*, sweet mango, sweet pomegranate, leaves of *āragvadha*, new radish, *eraṇḍa* oil, rain water, rock salt, grapes, buttermilk, old jaggery, dried ginger, caraway seeds, garlic, *haraḍa*, *kuṭaja*, coriander, pepper,

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ginger, *Sauvīra* (*kānji*), *śukta* (vinegar), honey, liquor, *kastūrī*, white sandalwood, tamarind and *tāmbūla*.

हृद्रोगेऽपथ्यानि–

तृट्छर्दिमूत्रानिलशुक्रकासोद्गारश्रमश्वासविडश्रुवेगान् ।
सह्याद्रिविन्ध्याद्रिनदीजलानि मेषीपयो दुष्टजलं कषायम् ।।८२।।
विरुद्धमुष्णं गुरु तिक्तमम्लंपत्रोत्थशाकानि चिरन्तनानि ।
क्षारं मधूकानि च दन्तकाष्ठंरक्तस्रुति हृद्दवान् परित्यजेत् ।।८३।।

82-83. The following measures and itemss are strictly prohibited for persons suffering from heart indispositions: obstructing the flow of *tṛiśa*, *vamana*, *mūtra*, *adhovāta*, *vīrya*, *kāsa* (coughs), belching, heavy breathing caused due to hard work, stool and tears, water from Sahayadri and Vindhyadri rivers, sheep milk, contaminated water, *kāṣāya rasa*, incompatible food, foods containing hot, pungent and citric (*āmla*) properties, edibles that are heavy to digest, old leaves, *kṣāra* products, *madhūka*, brushing teeth with wood sticks and blood letting.

इति भैषज्यरत्नाव्ल्यां हृद्रोगचिकित्साप्रकरणम् ।।३३।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां हृद्रोगचिकित्साप्रकरणम् ।।३३।।

End of the Chapter 33 of Bhaiṣajya Ratnāvalī with Commentary

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अथ मूत्रकृच्छ्रचिकित्साप्रकरणम ३४

Chapter 34
Mūtrakṛicchra

वातजमूत्रकृच्छ्रे विधिः–

अभ्यञ्जनस्नेहनिरूहबस्तिस्वेदोपनाहोत्तरबस्तिसेकान् ।
स्थिरादिभिर्वातहरैश्च सिद्धान् दद्याद्रसांश्चानिलमूत्रकृच्छ्रे ।।१।।

1. Treatment of *Vātika Mūtrakṛicchra*: Massage, *snehana* (oleation), *niruha* type of medicated *basti* (enema), fomentation *upanāha* (application of hot ointment), medicated douching and *śeka* (sprinkling of water)—all these therapies should be administered with the help of drugs which alleviate *vāta*, e.g. drugs belonging to *sthirādi* group, to the patient suffering from *vātika* type of the *mūtrakṛicchra*.

(Caraka)

पित्तजमूत्रकृच्छ्रे विधिः–

सेकावगाहाः शिशिराः प्रदेहाग्रैष्मो विधिर्वस्तिपयोविकाराः ।
द्राक्षाविदारीक्षुरसैर्घृतैश्च कृच्छ्रेषु पित्तप्रभवेषु कार्याः ।।२।।

2. Treatment of *paittika mūtrakṛicchra*: For the patient suffering from *paittika* type of *mūtrakṛicchra*, cooling *seka* (sprinkling of water), bath and ointment should be prescribed. The patient should resort to all diet and regimens prescribed for the summer season. He should be administered medicated *basti* (enema) and *virecana* (purgation) therapy containing milk by adding *drākṣā*, *vidārī*, sugarcane juice and *ghṛitam*.

(Caraka)

श्लेष्मजमूत्रच्छ्रे विधिः–

क्षारोष्णतीक्ष्णोषधमन्नपानंस्वेदो यवान्नं वमनं निरूहाः ।
तक्रं सतिक्तौषधसिद्धतैलमभ्यङ्गपानं कफमूत्रकृच्छ्रे ।।३।।

3. Treatment of *kaphaja mūtrakṛicchra*: For the treatment of *kaphaja* type of dysuria, the patient should be given drugs, diet and drinks which are alkaline, hot and *tīkṣana* (sharp) in property. He should be given *svedana* (fomentation)

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therapy, barley as food, *vamana* (emetic) therapy, *niruha* type of *basti* (enema) and buttermilk. Oil boiled with bitter drugs should be used for massage and for drinking.

(Caraka)

त्रिदोषजमूत्रकृच्छ्रे विधिः–

सर्वं त्रिदोषप्रभवे च वायोः स्थानानुपूर्व्या प्रसमीक्ष्य कार्यम् ।
त्रिभ्योऽधिके प्राग्वमनं कफे स्यात् पित्ते विरेकः पवने च वस्तिः ।।४।।

4. Treatment of *sannipātika mūtrakṛicchra*: In *sannipātika* type of dysuria treatment should first of all be given for the alleviation of *vāta* followed by other *doṣas*. If, however, *kapha* is dominated, then *vamana* (emetic) therapy should be given; if *pitta* is dominant, then *virecana* (purgation) therapy should be administered; and if *vāta* is dominant, then the patient should be administered medicated *basti* (enema).

(Caraka)

अभिघातजमूत्रकृच्छ्रे विधिः–

तथा भिघातजे कुर्यात्सद्योव्रण चिकित्सितम् । मूत्रकृच्छे सदा चास्य कार्या वातहरी क्रिया ।।५।।

5. Treatment *kṣataja mūtrakṛicchra*: If dysuria is caused by injury to the urinary passage, then the therapies prescribed for the treatment of fresh wound should be adopted. In such cases also, therapies for the alleviation of *vāta* should be administered.

(*Gadanigraha*)

स्वेदचूर्णक्रियाऽभ्यङ्गा वर्त्तयः स्युः पुरीषजे ।।६।।

6. For the treatment of the *mūtrakṛicchra* caused due to holding the force of excreta *svedana* (fomentation) therapy, use of laxative and digestive drugs, massage and medicated *phalavartti* (suppository) should be administered.

(Cakradatt)

अश्मरीजमूत्रकृच्छ्रचिकित्सा–

क्रिया हिता त्वश्मरिशर्करायांया मूत्रकृच्छ्रे कफमारुतोत्थे ।।७।।

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7. For the treatment of the *mūtrakṛicchra* caused due to *aśmarī* and *śarkara* (gravels), therapies prescribed for the *kaphaja* and *vātika* types of dysuria should be adopted.

(Cakradatt)

शुक्रविबन्धजमूत्रकृच्छ्रे विधिः–

लेह्यं शुक्रविबन्ध्योत्थे शिलाजतु समाक्षिकम् । वृष्यैर्बृंहितधातूत्थे विधेयाः प्रमदोत्तमाः ।।८।।

8. For the treatment of the *mūtrakṛicchra* caused due to holding the force of ejaculation, the patient should be given the confection prepared of *śilājātu* and honey. After getting strength by aphrodisiac drugs, he may indulge in intercourse with ladies.

(Cakradatt)

शोणितमूत्रकृच्छ्रे विधिः–

यन्मूत्रकृच्छ्रेविहितञ्च पैत्ते तत्कारयेच्छोणितमूत्रकृच्छ्रे ।।९।।

9. Those treatments that have been advised in treating *paittika mūtrakṛicchra* should also be considered for treating *śonitha mūtrakṛicchra* as well.

कूष्माण्डरसप्रयोगः–

कूष्माण्डकरसं पीत्वा सयवक्षारशर्करम् । मूत्रकृच्छ्राद्विमुच्येत शीघ्रञ्च लभते सुखम् ।।१०।।

10. Take 25 ml. measure of juice of *kuṣmāṇḍa* and add to it *yavakṣāra* (5 gm.) and sugar (10 mg.). Drinking this liquid would help in providing relief from *mūtrakṛicchra*.

(*Gadanigraha*)

आमलकीक्वाथः–

गुडेनामलकं वृष्यं श्रमघ्नं तर्पणं परम् । पित्तासृग्दाहशूलघ्नं मूत्रकृच्छ्रनिवारणम् ।।११।।

11. Āmalakī Kvātha:

Ingredients: *Āmalakī* and jaggery.

Process of Drug-Making: This is a decoction-based formula.

Method of use/ Administration and Therapeutic benefits: Intake of decoction of *āmalakī* (25 ml.) along with jaggery (25 gm.) is a cardiac *rasāyaṇa*, alleviator of physical fatigue, refreshing and pleasing. It cures *rakta pitta* (an

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aliment characterized by bleeding from different parts of the body), burning sensation, colic pain and dysuria.

(*Gadanigraha*)

एर्वारुबीजादियोगाः–

एर्वारुबीजंमधुकंसदार्विपैत्तेपिबेत्तण्डुलधावनेन ।
दार्वीतथैवामलकीरसेनसमाक्षिकां पैत्तिकमूत्रकृच्छ्रे ।।१२।।

12. For the cure of *paittika* type of dysuria, seeds of *erāvāruka*, *madhuka*, and *dārvī* (equal parts) should be taken in doses of 3-5 gm. along with the rice-washing. Similarly, *dārvī* and the juice of *āmalakī* should be taken in doses of 3-5 gm. along with honey for the cure of *paittika* type of dysuria.

(Caraka)

यवक्षारकण्टकारीरसयोः प्रयोगौ–

सितातुल्योयवक्षारः सर्वकृच्छ्रविनाशनः । निदिग्धिकारसो वाऽपि सक्षौदः कृच्छ्रनाशनः ।।१३।।

13. Sugar and *yavakṣāra* taken in equal quantities cure all types of dysuria. Similarly, the juice of *nidigdhikā* mixed with honey cures dysuria.

(*Gadanigraha*)

सूर्यावर्त्तयोगः–

सूर्यावर्त्तभवं बीजं श्लक्ष्णं दृषदि पेषितम् । व्युषितोदकसम्पीतं कृच्छ्रं हन्ति सुदारुणम् ।।१४।।

14. Pulverize seeds of sunflower on a stone slab. Take water in a copper jar. Cover its mouth and leave it for the whole night to decay. Next morning consume the sunflower compound with this water. This would immediately cure severe *mūtrakṛicchra* disorder.

यवक्षारप्रयोगः–

मधुना च यवक्षारं मूत्रकृच्छ्राश्मरीहरम् ।।१५।।

15. Take *yavakṣāra* (1 gm.) and mix it with honey (12 gm.). Consume this compound for a few days to get relief from *mūtrakṛicchra* and *aśmarī* problems.

गन्धकादिगयोगः–

सगन्धकयवक्षारं शर्करां तक्रतः पिबेत् । मूत्रकृच्छ्राद्विमुच्येत साध्यासाध्यात्र संशयः ।।१६।।

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16. Take purified *gandhaka* (1 gm.), *yavakṣāra* (2 gm.), sugar (12 gm.) and mix them together in *takra* (200 ml.). Drink this fluid to cure simple and difficult cases of *mūtrakṛicchra*.

नारिकेलपुष्पप्रयोगः–

नारिकेलोद्भवं पुष्पं तण्डुलोदकसंयुतम् । सरक्तं मूत्रकृच्छ्रं हि पीतं हन्ति न संशयः ।।१७।।

17. Take fruit pulp of unripe coconut and pulverize it with rice-washing (*taṇḍulodaka*). Drinking this liquid would provide relief from *mūtrakṛicchra* associated with bleeding.

विदार्यादिक्वाथः–

विदारी गोक्षुरं यष्टिः केशरं च समं पचेत् । तत्कषायं पिबेत् क्षौद्ररसभस्मयुतं पुनः ।।
मूत्रकृच्छ्रं हरेत् सर्वं सप्ताहात्पित्तसंभवम् ।।१८।।

18. Vidāryādi Kvātha:

Ingredients: *Vidārī kanda*, *gokṣura*, *madhuyaṣṭī* and *nāgakeśara*.

Process of Drug-Making: Prepare decoction of equal parts of *vidārī kanda*, *gokṣura*, *madhuyaṣṭī* and *nāgakeśara*.

Method of use/Administration: Add to it honey (10 gm.) and *rasa sindūra* (125 mg.) in adequate quantities. Drink this fluid for one week.

Therapeutic benefits: This decoction gets relief from *pitta* generated *mūtrakṛicchra*.

(*Ra. Ra. Sa.*)

गोक्षुरक्वाथः–

क्वाथं गोक्षुरबीजस्य यवक्षारयुतं पिबेत् । मूत्रकृच्छ्रं तथा रक्त पीतः शीघ्रं निवारयेत् ।।१९।।

19. Gokṣura Kvātha:

Ingredients: Seeds of *gokṣura* and *yavakṣāra*.

Process of Drug-Making: This is a decoction-based formula.

Method of use/ Administration and Therapeutic benefits: The decoction of the seeds of *gokṣura* (50 ml.) should be taken by adding *yavakṣāra* (2 gm.) which instantaneously cures dysuria caused by the obstruction of the urinary passage by lumps of stool (pressure from the colon).

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तृणपञ्चमूलक्वाथः–

कुशः काशः शरो दर्भ इक्षुश्चेति तृणोद्भवम् । पित्तकृच्छ्रहरं पञ्चमूलं वस्तिविशोधनम् ।।२०।।

20. The decoction of the equal parts of *tṛiṇa pañcamūla*, viz. *kuśa*, *kāśa*, *śara*, *darbha* and *ikṣu* (25 gm. of their combined mix along with water measuring 400 ml. having boiled down to one eighth) is useful in the treatment of *paittika* type of dysuria. The decoction helps in the cleansing of the urinary bladder.

Dosage: 50 ml. decoction along with honey (12 gm.)

(Cakradatt)

पञ्चतृणक्षीरम्–

एतत्सिद्धं पयः पीतं मेढ्रगं हन्ति शोणितम् ।।२१।।

21. If milk boiled with the roots of the above plants (viz. *kuśa*, *kāśa*, *śara*, *darbha* and *ikṣu*) is taken, then it cures bleeding from the *medhra* (pudendum).

(Cakradatt)

त्रिकण्टकादिक्वाथः–

त्रिकण्टकारग्वधदर्भकाशदुरालभाप्रस्तरभेदपथ्याः ।
निघ्नन्ति पीडां मधुनाऽश्मरीञ्च सम्प्राप्तमृत्योरपि मूत्रकृच्छ्रम् ।।२२।।

22.Tṛikañṭakādi Kvātha:

Ingredients: *Tṛikañṭaka*, *āragvadha*, *darbha*, *kāśa*, *durālabhā*, *pāṣāṇabheda* and *pathyā* and honey.

Process of Drug-Making: Prepare decoction of *tṛikañṭaka*, *āragvadha*, *darbha*, *kāsa*, *durālabhā*, *pāṣāṇabheda* and *pathyā*.

Method of use/Administration: Mix honey to the decoction and drink the same.

Therapeutic benefits: It cures *aśmarī* and serious type of dysuria.

(Cakradatt)

धात्र्यादिक्वाथः–

धात्री द्राक्षा विदारी च यष्ट्याह्वं गोक्षुरं तथा । एभिः कषायं विपचेत्पिबेच्छीतं सशर्करम् ।।
अपि योगशतासाध्यं मूत्रकृच्छ्रं जयेल्लघु ।।२३।।

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23. Dhātrayādi Kvātha:

Ingredients: *Āmalakī*, raisins, *vidārī kanda*, *madhuyaṣṭī*, *gokṣura*, water, raw sugar (*miśṛi*) ot sugar.

Process of Drug-Making: Take equal parts of *āmalakī*, raisins, *vidārī kanda*, *madhuyaṣṭī* and *gokṣura*. Mix these materials together and obtain 25 gm. of this compound and decoct the same in water measuring 400 ml. Stop the decoction process when the original quantity is reduced to one eighth. Sieve the decoction and add to it 12 gm. measure of raw sugar (*miśṛi*).

Method of use/Administration: Drink the same.

Therapeutic benefits: This fluid is one of the best medicines to cure *mūtrakṛicchra* which has not been cured by various other medicines.

धात्र्यादिक्वाथो बृहत्–

धात्री द्राक्षा च यष्ट्याह्वं विदारी सत्रिकण्टका । दर्भेक्षुमूलमभया क्वाथयित्वा जलं पिबेत् ।
ससितं मूत्रकृच्छ्रघ्नं रुजादाहहरं परम् ।।२४।।

24. Dhātrayādi Kvātha (Major Variety):

Ingredients: *Āmalakī*, raisins, *madhuyaṣṭī*, *vidārī kanda*, *gokṣura*, root of *darbha*, root of black sugarcane, *haraḍa*, water and raw sugar (*miśṛi*).

Process of Drug-Making: Thickly pulverize equal parts of the *āmalakī*, raisins, *madhuyaṣṭī*, *vidārī kanda*, *gokṣura*, root of *darbha*, root of black sugarcane and *haraḍa*. Take 25 gm. quantity of this compound and decoct it along with water measuring 400 ml. Decoct the preparation till the original quantity is reduced to one eighth. Sieve the decoction and add to it raw sugar (*miśṛi*) measuring 12 gm.

Method of use/Administration: Drink the same.

Therapeutic benefits: Drinking this fluid would provide relief from *mūtrakṛicchra* as well as from burning sensation and associated pain.

अमृतादिक्वाथो वातिके कृच्छ्रे–

अमृतानागरं धात्री वाजिगन्धा त्रिकण्टकम् । प्रपिबेद् वातरोगार्त्तः सशूली मूत्रकृच्छ्रवान् ।।२५।।

25. The patient suffering from *vātika* type of the *mūtrakṛicchra* and having colic pain should take the decoction of *amṛitā*, *nāgara*, *dhātrī*, *vājigandha* and *ṭrikañṭaka* (taken in equal parts). Take 25 gm. quantity of their compound and decoct it along with water measuring 400 ml. Decoct the preparation till the

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original quantity is reduced to one eighth. Sieve the decoction and add to it raw sugar (*miśṛi*) measuring 12 gm. The decoction is also useful in the treatment of other diseases caused by *vāta*.

(Cakradatt)

शतावर्य्यादिक्वाथः–

शतावरीकाशकुशैः श्वदंष्ट्राविदारिशालीक्षुकशेरुकाणाम् ।
क्वाथं सुशीतं मधुशर्करारक्तं पिबञ्जयेत् पैत्तिकमूत्रकृच्छ्रम् ।।२६।।

26. Śatavaryādi Kvātha:

Ingredients: *Śatāvarī*, *kuśa*, *kāsa*, *śavdamṣṭra*, *vidārī*, *śāli*, *ikṣu*, *kaṣeruka*, water, honey and jaggery.

Process of Drug-Making: Take equal parts of *śatāvarī*, *kuśa*, *kāsa*, *śavdamṣṭra*, *vidārī*, *śāli*, *ikṣu* and *kaṣeruka*. Take 25 gm. quantity of their compound and decoct it with water measuring 400 ml. Decoct the preparation till the original quantity is reduced to one eighth. Sieve the decoction and add to it raw sugar (*miśṛi*) measuring 10 gm. with water shekar

Method of use/Administration: After it cools down to atmospheric temperature add 10 gm. of honey and 10 gm. of jaggery to it and drink the preparation.

Therapeutic benefits: This recipe cures *paittika* type of dysuria.

(Cakradatt)

हरीतक्यादिक्वाथः–

हरीतकीगोक्षुरराजवृक्षपाषाणभिद्धन्वयवासकानाम् ।
क्वाथं पिबेन्माक्षिकसम्प्रयुक्तंकृच्छ्रे सदाहे सरुजे विबन्धे ।।२७।।

27. Harītakyādi Kvātha:

Ingredients: *Harītakī*, *gokṣura*, *rāja vṛikṣa*, *pāṣāṇabheda*, *yavāsā*, water, honey and jaggery.

Process of Drug-Making: Take equal parts of *harītakī*, *gokṣura*, *rāja vṛikṣa*, *pāṣāṇabheda* and *yavāsā* and thus raise their combined quantity of 24 gm.. Take 25 gm. quantity of their compound and decoct it with water measuring 400 ml. Decoct the preparation till the original quantity is reduced to one eighth. Sieve the

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decoction and let it cool down to atmospheric temperature. Subsequently, add 20 gm. of honey to it.

Therapeutic benefits: This recipe cures dysuria associated with burning sensation and painful constipation.

(Cakradatt)

एलायोगः कफमूत्रकृच्छ्रे (भा. प्र.)–

मूत्रेण सुरया वाऽपि कदलीस्वरसेन वा । कफकृच्छ्रविनाशाय सूक्ष्मं पिष्ट्वा त्रुटिं पिबेत् ।।२८।।

28. Prepare a very fine powder of smaller cardamom seeds and take the same in doses of 1 gm. along with either cow's urine (15 ml.), alcoholic drink of the juice of *kadalī* (15 ml.) for the treatment of *kapha*- generated *mūtrakṛicchra*.

(*Bhāvaprakāśa*)

पाषाणभेदादिक्वाथः (ग. नि.)–

पाषाणभेदो मधुयष्टिरेलाकृष्णाशिफैरण्डशिफाऽऽटरूषाः ।
स्पृक्वा श्वदंष्ट्रा च शिवासमेताः क्वाथो हरेद्दुःसहमूत्रकृच्छ्रम् ।।२९।।

29. Pāṣāṇabhedādi Kvātha:

Ingredients: *Pāṣāṇabheda*, *madhuyaṣṭī*, smaller cardamom, *pippalīmūla*, *eraṇḍa mūla*, *aḍuṣā*, *sprikka* (a particular leaf vegetable), *gokṣura*, *haraḍa*, water, *miśṛī* (raw sugar) and honey.

Process of Drug-Making: Get equal parts of *pāṣāṇabheda*, *madhuyaṣṭī*, smaller cardamom, *pippalīmūla*, *eraṇḍa mūla*, *aḍuṣā*, *sprikka* (a particular leaf vegetable), *gokṣura* and *haraḍa*. Thickly pulverize these materials and take 25 gm. of the compound. Decoct this compound in water measuring 400 ml. When the original quantity of the preparation is reduced to one eighth, sieve the decoction.

Method of use/Administration: Drink the same.

Therapeutic benefits: Regularly consuming this liquid would alleviate problem of difficult cases of *mūtrakṛicchra*.

(*Gadanigraha*)

पाषाणभिदादिक्वाथो द्वितीयः–

पाषाणभिद्मधुकवासकगोक्षुराणांगन्धर्वहस्तकृतमालकपिप्पलीनाम् ।
क्वाथः किल त्रुटिशिलाजतुसूर्यभक्ताचूर्णान्वितः सपदि हन्ति हि मूत्रकृच्छ्रम् ।।३०।।

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30. Pāṣāṇabhedādi Kvātha (Second Recipe):

Ingredients: *Pāṣāṇabheda*, *madhuyaṣṭī*, *aḍuṣā*, *gokṣura*, root of *eraṇḍa*, *āragvadha*, lesser pepper, water, *elā*, purified *śilājatu*, *suvarcala*, honey and raw sugar (*miśṛi*).

Process of Drug-Making: Take equal parts of *pāṣāṇabheda*, *madhuyaṣṭī*, *aḍuṣā*, *gokṣura*, root of *eraṇḍa*, *āragvadha* and lesser pepper. Mix them and obtain 25 gm. of this compound. Decoct this compound with water measuring 400 ml. When the original quantity of the preparation is reduced to one-eighth, sprinkle over it the powders of *elā* (1 gm.), purified *śilājātu* (1 gm.) and *suvarcala* (1 gm.). Add raw sugar (*miśṛi*) (15 gm.) to the recipe and properly churn it.

Method of use/Administration: Drink the same.

Therapeutic benefits: This *kāṣāya* is capable of alleviating serious and difficult *mūtrakṛicchra* very effectively.

दुरालभादिकषायः (ग. नि.)

दुरालभाऽश्मभित्पथ्याव्याघ्रीमधुकधान्यकैः । कृतः क्वाथः सितोपेतो मूत्रकृच्छ्रविबन्धनुत् ।।
दाहं शूलं निहन्त्याशु तमः सूर्योदये यथा ।।३१।।

31. Durālabhādi Kāṣāya:

Ingredients: *Durālabhā*, *pāṣāṇabheda*, *haraḍa*, *kaṇṭakārī*, *madhuyaṣṭī*, coriander and *miśṛī* (raw sugar).

Process of Drug-Making: Take equal parts of *Durālabhā*, *pāṣāṇabheda*, *haraḍa*, *kaṇṭakārī*, *madhuyaṣṭī* and coriander. Take 25 gm. quantity of this compound and decoct it with water measuring 400 ml. Decoct the preparation till the original quantity is reduced to one eighth. Sieve the decoction.

Method of use/ Administration: Dosage: 50 ml. along with 15 gm. of raw sugar.

Therapeutic benefits: Drinking this decoction would cure one from *mūtrakṛicchra*, constipation, burning sensation and *śūla*. The decoction is as effective as the rays of sun are in clearing darkness.

(*Gadanigraha*)

एलादिक्वाथोऽश्मरीजमूत्रकृच्छ्रे (यो. र.)–

एलोपकुल्यामधुकाश्मभेदकौन्तीश्वदंष्ट्रावृषकोरुवूकैः ।

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श्रृतं पिबेदश्मजतुप्रगाढंसशर्करं साश्मरिमूत्रकृच्छ्रे ।।३२।।

32. Take equal parts of the following and thickly pulverize them: smaller cardamom, *pippalī*, *madhuyaṣṭī*, *pāṣāṇabheda*, *hareṇukā*, *gokṣura*, *aḍuṣā* and *eraṇḍa mūla*. Obtain 25 gm. of this compound and decoct it with water measuring 400 ml. Decoct the same till the original quantity is reduced to one eighth. Sieve the decoction and sprinkle over it the purified *śilājātu*($^1/_2$ gm.) and *miśṛī* (raw sugar) (20 gm.). This decoction effectively checks *aśmarī* and related *mūtrakṛicchra*.

(*Yoga Ratnākar*)

एलादिचूर्णम् (यो. र.)–

एलाऽश्मभेदकशिलाजतुपिप्पलीनांचूर्णानि तण्डुलजलैर्लुलितानि पीत्वा ।
यद्वा गुडेन सहितान्यवलिह्य धीमानासन्नमृत्युरपि जीवति मूत्रकृच्छ्री ।।३३।।

33. Elādi Cūrṇam:

Intake of the powder of *elā*, *aśma bheda*, *śilājātu* and *pippalī* mixed with rice-washing or jaggery cures dysuria even if the patient is moribund.

(*Yoga Ratnākar*)

श्वदंष्ट्रादिलेपः (यो. र.)–

पिष्ट्वा श्वदंष्ट्राफलमूलिकाविडैर्वारुबीजानि सकाञ्जिकानि ।
आलिप्यमानानि समानि वस्तौ मूत्रस्य निष्यन्दकराणि सद्यः ।।३४।।

34. Śavadanṣṭrādi Lepa:

Ingredients: Fruits of *śavadamṣṭra* (*gokṣura*), seeds of radish (and fruits *gokṣura* and *mūla*), seeds of *vāyaviḍanga*, *airvāru* and *kānji*.

Process of Drug-Making: Obtain equal parts of fruits of *śavadamṣṭra* (*gokṣura*), seeds of radish (and fruits *gokṣura* and *mūla*), seeds of *vāyaviḍanga* and *airvāru*. Combine them together and pulverize the mix along with *kānji*.

Method of use/Administration: Apply the *kalka* on *basti* parts to get immediate relief from obstructed urine.

Therapeutic benefits: It checks the flow of urine and clears any blockage in *basti* part.

(*Yoga Ratnākar*)

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तारकेश्वररसः–

शुद्धसूतं समं गन्धं लौहं वङ्गं मृताभ्रकम् । दुरालभा यवक्षारं बीजं गोक्षुरकं शिवाम् ।।३५।।
समांशं साधयेत्वसर्वं कूष्माण्डफलवारिणा । पञ्चतृणभवक्वाथे रसे गोक्षुरजे तथा ।।३६।।
सम्पिष्य वटिका कार्या द्विगुञ्जाफलमानतः । मधुनाऽऽमर्द्य विलिहेन्मूत्रकृच्छ्रविनाशनः ।।३७।।
उदुम्बरफलं पक्वं चूर्णितं कर्षमात्रकम् । लेहयेन्मधुना सार्द्धमनुपानं सुखावहम् ।।३८।।
अजाक्षीरं भवेत्पथ्यं शर्करेक्षुरसो हितः ।।३९।।

35-39. Tārakeśvara Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma*, *vanga bhasma*, *abhraka bhasma*, *yavāsā*, *yavakṣāra*, *gokṣura*, *haraḍa*, juice of *kuṣmāṇḍa* fruit, decoction of *pañca tṛiṇa* and decoction of *gokṣura*.

Process of Drug-Making: Obtain equal parts of purified *pārada*, purified *gandhaka*, *lauha bhasma*, *vanga bhasma*, *abhraka bhasma*, *yavāsā*, *yavakṣāra*, *gokṣura* and *haraḍa*. First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix into it the rest of the materials together. Treat the compound separately with juice of *kuṣmāṇḍa* fruit, decoction of *pañca tṛiṇa* and decoction of *gokṣura* through *bhāvanā* method. Finally triturate the compound and prepare pills measuring 250 mg. each. Dry the pills and preserve them in glass bottle.

Method of use/Administration: Consume one pill of this medicine, after churning it with honey. Also, take powder of ripe *udumbara* fruit (12 gm.) with honey as *anupāna*. While taking this medication, the diet should include goat milk, sugar, juice of sugarcane and rice etc.

Therapeutic benefits: Taking this medicine in the prescribed manner would cure all types of *mūtrakṛicchra* disorders.

त्रिनेत्राख्यो रसः–

वङ्गं सूतं गन्धकं भावयित्वा लौहे पात्रे मर्दयेदेकवस्त्रम् ।
दूर्वायष्टीगोक्षुरैः शाल्मलीभिर्मूषामध्येभूधरे पाचयित्वा ।।४०।।
तत्तद्द्रावैर्भावयित्वास्य वल्लं दद्याच्छीतं पायसं वक्ष्यमाणैः
दूर्वायष्टीशाल्मलीतोयदुग्धैस्तुल्यैः कुर्यात्पायसं यद्ददीत
प्रातःकाले शीत पानीयपानान्मूत्रे जातेस्यात्सुखीचक्रमेण ।।४१।।

40-41. Tṛinetrākhya Rasa:

Ingredients: *Vanga bhasma*, purified *pārada*, purified *gandhaka*, juice of *dūrvā*, decoction of *madhuyaṣṭī*, juice of *dūrvā*, decoction of *yaṣṭi*, decoctions of *gokṣura* and *śālmali*.

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Process of Drug-Making: Take 48 gm. each of *vanga bhasma*, purified *pārada* and purified *gandhaka*. First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix *vanga bhasma* into it. Triturate these materials together. Mortar this compound, one by one, with juice of *dūrvā*, decoction of *madhuyaṣṭī*, decoction of *gokṣura* and decoction *śālmali's* root. Prepare a lump out of it. Dry the lump and place it in a *mūṣāyañtra*. Cook the same for 12 hours in a *Bhūdhar Yañtra*. When the preparation gets cool, take out the medicine and triturate it. Treat the compound, one by one, with juice of *dūrvā*, decoction of *yaṣṭi*, decoction of *gokṣura* and *śālmalī* decoction through *bhāvanā* process for one day each. Finally triturate the compound and prepare pills out of it. Dry them under shadow and preserve them in glass bottle.

Method of use/Administration: Consume this medicine daily during morning hours in doses of one *valla* (i.e. 375 mg.) along with honey. Also take milk treated with the decoctions of *dūrvā*, *madhuyaṣṭī* and roots of plant *śālmali*. The patient should take this medicated milk. If he feels thirsty, he should drink cold water.

Therapeutic benefits: This medicine is known as *Ṭrinetrākya Rasa* and it is capable of curing all types of *mūtrakṛicchra* disorders.

(*Rasendra Sār Sangraha*)

मूत्रकृच्छ्रान्तकरसः प्रथमः—

सूतं स्वर्णञ्च वैक्रातं गन्धतुल्यं विमर्दयेत् । चाण्डालीराक्षसीद्रावैर्द्वियामान्ते तु गोलकम् ।।४२।।
शुष्कं बद्ध्वा पुटेच्चाहः करीषाग्नौ लघौ पुटे । माषमात्रं लिहेत्क्षौद्रैर्मूत्रकृच्छ्रप्रशान्तये ।।४३।।

42-43. Mūtrakṛiccrāntaka Rasa:

Ingredients: Purified *pārada*, *svarṇa bhasma*, purified *gandhaka*, juice of *cāṇḍālī kanda* and juice or decoction of *murāmānsī*.

Process of Drug-Making: Obtain purified *pārada*, *svarṇa bhasma* and purified *gandhaka* (each measuring 12 gm.). First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials. Treat the compound, one by one, with juice of *cāṇḍālī kanda*, juice or decoction of *murāmānsī* through *bhāvanā* method. Finally triturate the compound for six hours and prepare a lump out of it. Dry the lump and place it in a *śarāva saṁpuṭa*. Close the *saṁpuṭa* and cook it through the *laghu puṭa* method. When the same gets cool down, remove out the cooked compound and triturate it. Preserve the powder in glass bottle.

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Method of use/Administration: Consume this medicine daily in doses of 1 gm. (modern dose 62-125 mg.) along with honey.

Therapeutic benefits: This medicine effectively alleviates *mūtrakṛicchra*.

मूत्रकृच्छ्रान्तको रसो द्वितीयः (र. सा. सं.)–

शतावरीरसैः पिष्ट्वा मृतसूतं च तालकम् । शिखितुत्थं च तुल्यांशं दिनैकं मर्दयेद् दृढम् ।।४४।।
तद्गोलं सार्षपे तैले पाच्यं यामं च चूर्णयेत् । मूत्रकृच्छ्रान्तकश्चास्य क्षौद्रैर्गुञ्जाचतुष्टयम् ।।४५।।
भक्षणान्नात्र सन्देहो मूत्रकृच्छ्रं निहन्त्यलम् । तुलसीतिलपिण्याकं बिल्वमूलं सुखाम्बुना ।।
कर्षैकं वाऽनुपानेन सुरया वा सुवर्चलैः ।।४६।।

44-46. Mūtrakṛiccrāntaka Rasa (Second Recipe):

Ingredients: *Rasa sindūra*, *haritāla*, *tutthaka*, juice of *śatāvarī* and mustard oil.

Process of Drug-Making: Take equal parts of *rasa sindūra*, *haritāla* and *tutthaka*. Triturate them along with juice of *śatāvarī* for one whole day. Prepare a lump out of it and cook it along with mustard oil for six hours. Later store it in powdered form.

Method of use/Administration: Consume this medicine in doses of 500 mg. along with honey to get a sure relief from *mūtrakṛicchra*. After consuming the medicine, one should eat sesame *piṣṭhī*, bark of *bilva* plant's root, both in equal quantity, *tuṣdodak* (*kānji*) in 12 ml. measure, *surā* or *sauvarcala*.

Therapeutic benefits: It cures *mūtrakṛicchra*.

(*Rasendra Sār Sangraha*)

चन्द्रकला रसः (वृ. नि. र.)–

प्रत्येकं तोलमादायसूतंताभ्रं तथाऽभ्रकम् । द्विगुणं गन्धकञ्चैव कृत्वा कज्जलिकां शुभाम् ।।४७।।
मुस्तादाडिमदूर्वोत्थैः केतकीस्तबकद्रवैः । सहदेव्याः कुमार्याश्च पर्पटस्यापि वारिणा ।।४८।।
रामशीतलिकातोयैः शतावर्या रसेन च । भावयित्वा प्रयत्नेन दिवसे दिवसे पृथक् ।।४९।।
तिक्ता गुडूचिकासत्त्वं पर्पटोशीरमाधवी । श्रीखण्डं सारिवा चैषां समानं सूक्ष्मचूर्णितम् ।।५०।।
द्राक्षादिककषायेण सप्तधा परिभावयेत् । ततो धान्याभ्रयं कृत्वा वट्यः कार्याश्चणोपमा ।।५१।।
अयं चन्द्रकलानाम्ना रसेन्द्रः परिकीर्त्तितः । सर्वपित्तगदध्वंसी वातपित्तगदापहः ।।५२।।
अन्तर्बाह्यमहादाहविध्वंसनमहाक्षमः । ग्रीष्मकाले शरत्काले विशेषेण प्रशस्यते ।।५३।।
कुरुते नाग्निमान्द्यं च महातापं ज्वरं हरेत् । भ्रमं मूर्च्छां हरत्याशु स्त्रीणां रक्तं महास्तुतिम् ।।५४।।
ऊर्ध्वाधो रक्तपित्तञ्च रक्तवान्तिं विशेषतः । मूत्रकृच्छ्राणि सर्वाणि नाशयेन्नात्र संशयः ।।५५।।

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47-55. Candrakalā Rasa:

Ingredients: Purified *pārada*, *tāmra bhasma*, *abhraka bhasma*, decoction of *mustā*, juice of pomegranate, juice of *dūrvā*, juice of bunch of *ketakī* flowers, juice or decoction of *sahadevī*, juice of *ghṛitakumārī*, juice or decoction of *parpaṭa*, juice of *rāmśītalikā*, juice or decoction of *śatāvarī*, *tikta* (*latakastūrī* or *kaṭukī*) powder, abstract of *guḍūcī*, powder of *parpaṭa*, powder of *uśīra*, powder of *madhavi latā*, powder of white sandalwood, *anantamūla* powder and decoction of *drākṣādi* group of fruits (grapes, orange, banana, pulp of palm fruit, *jambūa* and mango).

Process of Drug-Making: Obtain purified *pārada*, *tāmra bhasma* and *abhraka bhasma* each measuring 12 gm.. Taking purified *gandhaka* (24 gm.) prepare *kajjalī* out of *pārada* and *gandhaka*. Mix rest of the materials into it and triturate the compound properly.

Treat this compound, one by one, with the following liquids through *bhāvanā* method for two days each: decoction of *mustā*, juice of pomegranate, juice of *dūrvā*, juice of the bunch of *ketakī* flowers, juice or decoction of *sahadevī*, juice of *ghṛitakumārī*, juice or decoction of *parpaṭa*, juice of *rāmśītalikā* and juice or decoction of *śatāvarī*.

Triturate the compound and dry it. Following this, add to the recipe 12 gm. each of the following: *tikta* (*latakastūrī* or *kaṭukī*) powder, abstract of *guḍūcī*, powder of *parpaṭa*, powder of *uśīra*, powder of *madhavi latā*, powder of white sandalwood and *anantamūla* powder. Later, triturate the compound properly with decoction of *drākṣādi* group of fruits (grapes, orange, banana, pulp of palm fruit, *jambūa* and mango) for seven days. Prepare round lump out of it, wrap the lump through leaves and put it inside a heap of paddy. After seven days take out the lump and prepare pills similar to the size of gram (*caṇaka*) out of it. Preserve the medicine in glass bottle. The medicine thus obtained is known as *Candrakalā Rasa*.

Therapeutic benefits: This medicine is capable of curing all types of *pitta* disorders, *vāta-pitta* disorders, *āntardāha* and *bāhyadāha*. It affects especial benefits in summers and the winters. After consuming this medicine, one does not complaint of the *agnimāndya* and is relieved from severe hot and burning sensation caused due to fever. This medicine also checks giddiness, fainting,

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excessive menstrual bleedings, *urdhava* and *adhoga* types of the *raktapitta*, *rakta vamana* and all types of *mūtrakṛicchra* (dysurea).

(*Bṛ.Ni.Ratn.*)

मूत्रकृच्छ्रहरः क्वाथः (च.)–

विदारी गोक्षुरं यष्टी केशरञ्च समं पचेत् । तत्कषायं पिबेत् क्षौद्रै रसभस्मयुतं पुनः ।।
मूत्रकृच्छ्रं हरेत् सर्वं सप्ताहात् पित्तसंभवम् ।।५६।।

56. Mūtrakṛicchrahara Kvātha:

Ingredients: *Vidārī kanda*, *gokṣura*, *madhuyaṣṭī*, *nāga keśara* and honey.

Process of Drug-Making: Take equal (*tulya*) parts of *vidārī kanda*, *gokṣura*, *madhuyaṣṭī* and *nāga keśara*. Obtain 24 gm. of their mixture. Methodologically prepare the decoction of the mix and add honey (125 mg.) to it.

Method of use/Administration: Consume this medicine along with *rasa sindūra* (125 mg.).

Therapeutic benefits: Consuming this medicine for one week would provide relief from *pitta* genarated *mūtrakṛicchra*.

शतावर्यादि घृतं क्षीरं च–

शतावरीकाशकुशश्वदंष्ट्राविदारिकेक्ष्वामलकेषु सिद्धम् ।
सर्पिः पयो वा सितया विमिश्रंकृच्छ्रेषु पित्तप्रभवेषु योज्यम् ।।५७।।

57. Śatāvaryādi Ghṛitam and Kṣīram:

Ingredients: *Śatāvarī*, *kāsa*, *kuśa*, *śvadaṃṣṭra*, *vidārī*, *ikṣu*, *āmalakī*, *mūrcchita ghṛitam* and water.

Process of Drug-Making: Take 35 gm. measure each of *śatāvarī*, *kāsa*, *kuśa*, *śvadaṃṣṭra*, *vidārī*, *ikṣu* and *āmalakī* and prepare a *kalka* (250 gm.) out of them. Take *mūrcchita ghṛitam* measuring four times of this *kalka* (1 kg.) and water measuring four times of this *mūrcchita ghṛitam*(4 litres). Store them together and cook the preparation properly. This medicated *ghṛitam* should be added with sugar (12 gm.).

Therapeutic benefits: It is very useful in *paittika* type of dysuria.

त्रिकण्टकाद्यं घृतम्–

त्रिकण्टकैरण्डकुशाद्यभीरुकर्कारुकेक्षुस्वरसेन सिद्धम् ।

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सर्पिर्गुडार्द्धांशयुतं प्रपेयंकृच्छ्राश्मरीमूत्रविघातहेतोः ।।५८।।

58. Ṭrikañṭakādya Ghṛitam:

Ingredients: *Mūrcchita* cow *ghṛitam*, *gokṣura*, roots of *eraṇḍa*, *pañcamūla* herbs, water, juice of *śatāvara* and *kalka* of seeds of *karkāru*.

Process of Drug-Making: Take *mūrcchita* cow *ghṛitam* measuring one litre, and *gokṣura*, roots of *eraṇḍa*, *pañcamūla* herbs (each measuring 570 gm.) and decoct them separately in water measuring four litres. Boil down the preparation to one fourth. Thus obtain one litre of decoctions of the each of the *gokṣura*, roots of *eraṇḍa*, *pañcamūla* herbs. Also take juice of *śatāvara* measuring one litre, *kalka* of seeds of *karkāru* and decoct them in water measuring four litres. Subsequently, boil down this preparation to one fourth. (Alternatively one can take juice of *kuṣmāṇḍa* measuring one litre and juice of sugarcane measuring one litre.) Finally, cook all the ingredients together and thus obtain the medicated *ghṛitam*.

Method of use/Administration: This recipe should be taken in doses of 12 gm. each along with jaggery measuring 6 gm..

Therapeutic benefits: It cures dysuria, *aśmarī* (stone) and anuria.

सुकुमारकुमारकघृतम् (च. द.)–

पुनर्नवामूलतुला दशमूलं शतावरी । बला तुरगगन्धा च तृणमूलं त्रिकण्टकम् ।।५९।।
विदारिगन्धा नागाह्वा गडूच्यतिबला तथा । पृथग्दशपलान् भागाञ्जलद्रोणे विपाचयेत् ।।६०।।
तेन पादावशेषेण घृतस्यार्द्धढकं पचेत् । मधुकं शृङ्गबेरञ्च द्राक्षासैन्धवपिप्पलीः ।।६१।।
पृथग् द्विपलिका दद्याद्यमान्याः कुडवन्तथा । त्रिंशद् गुडपलान्यत्र तैलस्यैरण्डजस्य च ।।६२।।
प्रस्थं दत्त्वा समालोड्य सम्यङ् मृद्वग्निना पचेत् । एतदीश्वरपुत्राणां प्राग्भोजनमनिन्दितम् ।।६३।।
राज्ञां राजसमानानां बहुस्त्रीपतयश्च ये । मूत्रकृच्छ्रे कटीस्तम्भे तथा गाढपुरीषिणाम् ।।६४।।
मेढ्रवङ्क्षणशूले च योनिशूले प्रशस्यते । यथोक्तानाञ्च गुल्मानां वातशोणितकाश्च ये ।।६५।।
बल्यं रसायनं शीतं सुकुमारकुमारकम् । पुनर्नवाशते द्रोणे देयोऽन्येषु तथाऽपरः ।।६६।।

59-66. Sukumārakumāraka Ghṛitam:

Ingredients: *Punarnavā* roots, water, *daśamūla*, *śatāvarī*, *balā*, *turga gandha* (*aśvagandhā*), *ṭriṇapañcamūla*, *ṭrikañṭaka*, *vidārīkanda*, *nāgāhvā*, *guḍūcī*, *atibalā*, *mūrcchita ghṛitam*, *madhuka*, *śṛingavera*, *drākṣā*, rock salt, *pippalī*, *yamānī*, jaggery and oil of *eraṇḍa*.

Process of Drug-Making: Take 5 kg. of *punarnavā* roots and decoct it in 12 litre measure of water till the original amount is reduced to one fourth. Strain the

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decoction. Also take 500 gm. each of *daśamūla*, *śatāvarī*, *balā*, *turga gandha* (*aśvagandhā*), *tṛiṇapañcamūla*, *ṭrikañṭaka*, *vidārīkanda*, *nāgāhvā*, *guḍūcī* and *atibalā*. Decoct them together in water measuring 12 litre till it is reduced to one fourth. Add to this decoction 1500 gm. of *mūrcchita ghṛitam*, 100 gm. of each of *madhuka*, *śṛīngavera*, *drākṣā*, rock salt and *pippalī*, 200 gm. of *yamānī*, 1500 gm. of jaggery and 750 ml. of the oil of *eraṇḍa*. Finally the recipe should be cooked over a mild fire.

Dosage: 12 gm. along with warm cow milk.

Therapeutic benefits: It is an excellent recipe to be administered before food to wealthy persons, kings and similar other persons who have many wives. It is useful in dysuria, stiffness of lumber region, costive bowels, pain in male genital organ and pelvic region, pain in female genital tract, all types of *gulma* (phantom tumour) and gout. It promotes strength. It is rejuvenating, cooling and useful to young people with tender health.

(Cakradatt)

मूत्रकृच्छ्रे पथ्यानि–

पुरातनालोहितशालयश्चक्षारोयवान्नानि च तीक्ष्णमुष्णम् ।
तक्रं पयो दध्यपिगोप्रसूतं धन्वामिषं मुद्गरसः सिता च ।।६७।।
पुराणकूष्माण्डफलं पटोलं महार्द्रकं गोक्षुरकं कुमारी ।
गुवाकखर्जूरकनारिकेलतालद्रुमाणां च शिरांसि पथ्या ।।६८।।
तालास्थिमज्जात्रपुषं त्रुटिश्च शीतानिपानान्यशनानिचापि ।
प्रतीरनीरंहिमवालुकाच मित्रं नृणां स्यात्सतिमूत्रकृच्छे ।।६९।।

67-69. The following products are very much beneficial for the patient suffering from *mūtrakṛicchra*: old red coloured *śāli* rice, *kṣāra* products, barley, hot products, buttermilk, milk, curd of cow, meat of wild animals and birds, water of *mudga* pulse, sugar, fruit of *kuṣmāṇḍa*, leaves of *paṭola*, wild ginger, *gokṣura*, *ghṛitakumārī*, betel nut, date fruit, pulp of unripe coconut, cucumber, smaller cardamom, cold edibles, fresh water of river and camphor.

मूत्रकृच्छ्रेऽपथ्यानि–

मद्यं श्रमं निधुवनं गजवाजियानंसर्वं विरुद्धमशनं विषमाशनं च ।
ताम्बूलमत्स्यलवणार्द्रकतैलभृष्टपिण्याकहिङ्गुतिलसर्षपवेगरोधान् ।।७०।।
माषान् करीरमतितीक्ष्णविदाहिरूक्षमम्लं च मुञ्चतु जनः सति मूत्रकृच्छ्रे ।।७१।।

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70-71. The following measures are prohibited to the patient of *mūtrakṛicchra*: hard labour, holding the calls of nature, intercourse and riding elephants or horses. The patient should also avoid taking incompatible meals, excessive or very less amount of food, betel nuts, fishes, salty edibles, ginger, oily edibles, *kalka* of sesame seeds, asafoetida, sesame oil, mustard oil, *māṣa* or foods prepared from it, the *karīraphalā* or the like bitter, hot, unctuous and citrus edibles.

इति भैषज्यरत्नावल्यां मूत्रकच्छ्रचिकित्साप्रकरणम् ।।३४।।

इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां मूत्रकृच्छ्रचिकित्साप्रकरणम् ।।३४।।

End of the Chapter 34 of Bhaiṣajya Ratnāvalī with Commentary

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अथ मूत्राघातचिकित्साप्रकरणम् ३५

Chapter 35

Mūtra Ghāta (Blocked Discharge of Urine)

मूत्राघाते क्रियाक्रमः–

मूत्राघातान् यथादोषं मूत्रकृच्छ्रहरैर्जयेत् । बस्तिमुत्तरबस्तिञ्च दद्यात्स्निग्धविरेचनम् ।।१।।

1. Depending upon the *doṣas* involved, the patient suffering from *mūtra ghāta* should be treated with the therapies prescribed for *mūtrakṛicchra* (dysuria). The patient should be administered with medicated *basti* (enema), *uttara basti* (application of douche through the genital tract) and unctuous *virecana* (purgation).

(Cakradatt)

एर्वारुबीजयोगः–

कल्कमेर्वारुबीजानामक्षमात्रं ससैन्धवम् । धान्याम्लयुक्तं पीत्वैव मूत्राघाताद्विमुच्यते ।।२।।

2. 12 gm. measure of the *kalka* of the seeds of *ervāru* should be mixed into 25 ml. measure of *kānji* treated with 3 gm. measure of rock salt and administered along with *dhātakīmla* (a sour drink) which cures *mūtra ghāta*.

कूष्माण्डस्वरसो मूत्राघाते–

यवक्षारगुडोन्मिश्रं पिबेत्पुष्पफलोद्भवम् । रसं मूत्रविबन्धघ्नं शर्कराऽश्मरिनाशनम् ।।३।।

3. Obtain juice of *kuṣmāṇḍa* fruit measuring 50 ml. and add 1 gm. measure of *yavakṣāra* and 15 gm. measure of old jaggery to it. This recipe cures *mūtra ghāta*, *mūtra śarkara* and *aśmarī*.

गोक्षुरक्वाथः–

सपत्रफलमूलस्य क्वाथं गोक्षुरकस्य च । पिबेन्मधुसितायुक्तं मूत्राघातादिरोगनुत् ।।४।।

4. Gokṣura Kvātha:

Ingredients: Leaves, fruits and roots of *gokṣura*, water, honey and jaggery.

Process of Drug-Making: Take 25 gm. measure of leaves, fruits and roots of *gokṣura* and decoct it in water measuring 400 ml. When the decoction is reduced

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to one eighth, strain the liquid. Add to it, 12 gm. measure of honey and 6 gm. measure of jaggery.

Therapeutic benefits: It checks the disease *mūtra ghāta.*

नलादितृणमूलक्वाथः–

नलकुशकाशेक्षुशिफां क्वथितां प्रातःसुशीतलां ससिताम् ।
पिबतः प्रयाति नियतं मूत्रग्रह इत्युवाच चरकः ।।५।।

5.Nalādi tṛiṇamūla Kvātha:

Ingredients: Root of *nāla*, *kāsa*, *kuśa* and *ikṣu* and sugar.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts. Raise 25 gm. of their coarsely powdered mix and decoct it in water measuring 400 ml. Strain the preparation when one eighth of it is left.

Method of use/Administration: The decoction of the root of *nāla*, *kāsa*, *kuśa* and *ikṣu* should be cooled and given along with sugar early in the morning.

Therapeutic benefits: This, according to Caraka, certainly cures *mūtra graha* (obstruction to the passage of urine).

(Cakradatt)

बिम्बीमूललेपनम् मूत्ररोधे–

बिम्बीमूलञ्च सम्पिष्टं काञ्जिकेन समन्वितम् । नाभिलेपनमात्रेण मूत्ररोधं निहन्ति च ।।६।।

6. If there is obstruction to the passage of urine, then the powder of root of *bilva* (12 gm.) and rock salt (3 gm.) compounded along with *kānji* (25 ml.) should be inserted into the urethra.

कर्पूरादियोगौ–

मूत्रे विबद्धे कर्पूरचूर्णं लिङ्गे प्रवेशयेत् । कूष्माण्डकरसो वाऽपि पेयः सक्षारशर्करः ।।७।।

7. If there is obstruction to the passage of urine, then the powder of camphor should be inserted into the urethra. Intake of the juice of *kuṣmāṇḍa* along with *kṣāra* and sugar is also useful in this condition.

मुष्टियोगौ–

जलेन खदिरीबीजं मूत्राघाताश्मरीहरम् । मूलं रुद्रजटायश्च तक्रपीतं तदर्थकृत् ।।८।।

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8. Intake of the seeds of *khadira* (12 gm.) along with water cures *mūtra ghāta* and *aśmarī* (stone in urinary tract). These ailments are also cured by the intake of the root of *rudra jaṭā* along with buttermilk.

श्वेतचन्दनयोगः–

शृतशीतपयोऽन्नाशी चन्दनं तण्डुलाम्बुना । पिबेत्सशर्करं श्रेष्ठमुष्णा[१] वातिविनाशनम् ।।९।।

9. For the treatment of *uṣṇa vāta* associated with bleeding, sandalwood paste (2 gm.) should be given along with rice-wishing (50 ml.) and sugar (15 gm.). The patient should take boiled and cooled milk as diet.

Note: *Uṣṇa vāta* is a type of *mūtrakṛicchra* (dysuria).

गोधावतीप्रयोगः–

गोधावत्या मूलं घृततैलगोरसोन्मिश्रम् । पीतं निरुद्धमचिराद् भिनत्ति मूत्रस्य संरोधम् ।।१०।।

10. Intake of the decoction of the root of *godhāvatī* (12 gm.) along with *ghṛitam* (5 gm.), oil or cow's milk (100 ml.) instantaneously helps in the passage of the obstructed urine.

(Cakradatt)

रससिन्दूरप्रयोगो मूत्राघाते–

धान्याम्ललवणोपेतं सूतं यश्च पिबेन्नरः । तस्य नश्यन्ति वेगेन मूत्राघाताश्चयोदश ।।११।।

11. The patient, who takes *rasa sindūra* (125 mg.) followed by the intake of *kāṇji* (50 ml.) mixed with rock salt (1 gm.) gets instantaneously cured of 13 types of *mūtra ghāta*.

दशमूलक्वाथः (यो. र.)–

दशमूलीशृतं पीत्वा सशिलाजतुशर्करम् । वातकुण्डलिकाऽष्ठीलावातबस्तौ प्रयुज्यते ।।१२।।

12. Daśamūla Kvātha:

Ingredients: *Daśamūla*, purified *śilājātu* and jaggery.

Process of Drug-Making: Obtain 50 gm. measure of *daśamūla* and decoct it properly. Treat it with purified *śilājātu* measuring 1 gm. and jaggery measuring 12 gm.

Method of use/Administration: Drink the same.

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Therapeutic benefits: By drinking this one can effectively cure such diseases as *vātakuṇḍalikā*, *aṣṭhilā* and *vāta vasti* (wind entered through enema).

(*Yoga Ratnākar*)

कर्कटीबीजादिचूर्णम् (बृ. नि. र.)–

कर्कटीबीजसिन्धूत्थत्रिफलासमभागिकम् । पीतमुष्णाम्भसा चूर्ण मूत्ररोधं निवारयेत् ।।१३।।

13. The *mūtra ghāta* is effectively cured by taking, with warm water, the powder of seeds of *karkaṭī* (100 gm.), rock salt (100 gm.), and the *triphalā* herbs (combined) (100 gm.).

Dosage: 3 gm. along with lukewarm water.

(*Br.Ni.Ra.*)

योगयुग्मकम् (च. द.)–

सुरां सौवर्चलवतीं मूत्राघाती पिबेन्नरः । दाडिमाम्बुयुतं मुख्यमेलाबीजं सनागरम् ।
पीत्वा सुरां सलवणां मूत्राघाताद्विमुच्यते ।।१४।।

14. Take liquor treated with the *sauvarcala lavaṇa*, or take 500 mg. measure of the smaller cardamom and equal parts of dried ginger or *nāgaramustaka* along with juice of pomegranate or honey.

शिलाजतुप्रयोगः (यो. र.)–

सशर्करञ्च समधु लीढ़ं शुद्धं शिलाजतु । निहन्ति मूत्रजठरं मूत्रातीतञ्च देहिनाम् ।।१५।।

15. Take purified *śilājātu* measuring 1 gm. treated with 12 gm. worth of honey and equal part of jaggery. This is an effective treatment of blocked urine.

(*Yoga Ratnākar*)

क्षतजशल्यजमूत्राघाते शलाकाप्रयोगः–

क्षतशल्यसमुद्भूतमूत्राघातनिवृत्तये । प्रवेशन्येन्मूत्रमार्गे शलाकां मूत्रसारिणीम् ।।१६।।

16. If the blockage of urine has been caused by some injury or surgical intervention, the block should be removed through *mūtrasāriṇīśalākā* (kind of long needle) by an expert surgeon.

चित्रकाद्यं घृतम्–

चित्रकंशारिवाचैवबला कालानुसारिवा । द्राक्षा विशाला पिप्पल्यस्तथा चित्रफला भवेत् ।।१७।।
तथैव मधुकं दद्याद्दद्यादामलकानि च । घृताढकं पचेदेभिः कल्कैरक्षसमन्वितैः ।।१८।।

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क्षीरद्रोणे जलद्रोणे तत्सिद्धमवतारयेत् । शीतं परिस्रुतञ्चैव शर्कराप्रस्थसंयुतम् ।।१९।।
तुगाक्षीर्याश्च तत्सर्वं मतिमान् प्रतिमिश्रयेत् । ततो मितं पिबेत् काले यथादोषं यथाबलम् ।।२०।।
वातरेताः पित्तरेताः श्लेष्मरेताश्च यो भवेत् । रक्तरेता ग्रन्थिरेताः पिबेदिच्छन्नरोगताम् ।।२१।।
जीवनीयञ्च वृष्यञ्च सर्पिरतेन्महागुणम् । प्रजाहितञ्च धन्यञ्च सर्वरोगापहं शिवम् ।।२२।।
सपिरेतत्प्रयुञ्जाना स्त्री गर्भं लभतेऽचिरात् । असृग्दोषाञ् जयेच्चापि योनिदोषांश्च संहतान् ।।२३।।
मूत्रदोषेषु सर्वेषु कुर्यादेतच्चिकित्सितम् ।।२४।।

17-24. Ctrakādya Ghṛitam:

Ingredients: *Citraka*, *śārivā*, *balā*, *kālānusārivā*, *drākṣā*, *viśālā*, *pippalī*, *triphalā*, *madhuka*, *āmalakī*, milk, *mūrcchita* cow *ghṛitam*, water, sugar and *tuga kṣīrī*.

Process of Drug-Making: Take 12 gm. measure powder each of the *citraka*, *śārivā*, *balā*, *kālānusārivā*, *drākṣā*, *viśālā*, *pippalī*, *triphalā*, *madhuka* and *āmalakī* and prepare a *kalka* out of them. Add to the *kalka*, 12 litre measure of milk, 3 litre of *mūrcchita* cow *ghṛitam* and 12 litre of water. After cooking, the *ghṛitam* should be allowed to cool down. Add to this, 750 gm. each of sugar and *tuga kṣīrī* and mix the preparation well.

Method of use/Administration: Depending upon the strength of the patient and the nature of the aggravated *doṣas*, this recipe should be administered in appropriate time and in appropriate dose.

Note: The recipe could be taken in doses of 6-12 gm. along with warm milk.

Therapeutic benefits: This cures affliction of semen by *vāta*, *pitta*, *kapha* and *rakta*. This is useful for patients who are passing, along with his urine the contents of blood and semen. It promotes longevity and virility. It also promotes aphrodisiac power and cures all types of diseases. It helps in the conception. It cures menorrhagea, diseases of female genital tract and all types of urinary disorders.

(*Gadanigraha*)

धान्यगोक्षुरकं घृतम्–
धान्यगोक्षुरकक्वाथकल्कयुक्तं घृतं हितम् । मूत्राघाते मूत्रदोषे शुक्रदोषे च दारुणे ।।२५।।

25. Dhānya Gokṣurakam Ghṛitam:

Ingredients: Coriander seeds, *gokṣura*, water and *mūrcchita ghṛitam*.

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Process of Drug-Making: Take coriander seeds and *gokṣura* each measuring 48 gm. and decoct them properly in 768 ml. of water till the original quantity is reduced to one forth. Now prepare a *kalka* of *mūrcchita ghṛitam* measuring 48 gm. and coriander seeds and *gokṣura* each measuring 12 gm. and add the *kalka* to the decoction. Subsequently, boil it properly.

Method of use/Administration: This medicine is to be taken after dissolving it into milk.

Therapeutic benefits: This *Dhānya Gokṣurakam Ghṛitam* is very effective in checking urinary troubles like *Mūtra ghāta*.

विदारीघृतम् (भा. प्र.)–

विदारी वृषको यूथीमातुलुङ्गी च भूस्तृणम् । पाषाणभेदः कस्तूरी वसुको वशिरोऽनलः ।।२६।।
पुनर्नवा वचा रास्ना बला चातिबला तथा । कशेरुबिसशृङ्गाटतामलक्यः स्थिरादयः ।।२७।।
शरेक्षुदर्भमूलञ्च कुशः काशस्तथैव च । पलद्वयन्तु संहृत्य जलद्रोणे विपाचयेत् ।।२८।।
पादशेषे रसे तस्मिन् घृतप्रस्थं विपाचयेत् । शतावर्यास्तथा धात्र्याः स्वरसो घृतसम्मितः ।।२९।।
षट्पलंशर्करायाश्चकार्षिकाण्यपराणि च । यष्ट्याह्वं पिप्पली द्राक्षा काश्मर्यं सपरूषकम् ।।३०।।
एलादुरालभाकौन्ती कुङ्कुमं नागकेशरम् । जीवनीयानि चाष्टौ च दत्त्वा च द्विगुणं पयः ।।३१।।
एतत्सर्पिर्विपक्तव्यं शनैर्मृद्वग्निना बुधैः । मूत्राघातेषु सर्वेषु विशेषात्पित्तजेषु च ।।३२।।
शर्कराऽश्मरिशूलेषु शोणितप्रभवेषु च । हृद्रोगे पित्तगुल्मे च वातासृक्पित्तजेषु च ।।३३।।
कासश्वासक्षतोरस्कधनुः स्त्रीभारकर्षिते । तृष्णाच्छर्दिमनःकम्पशोणितच्छर्दने तथा ।।३४।।
रक्ते यक्ष्मण्यपस्मारे तथोन्मादे शिरोग्रहे । योनिदोषे रजोदोषे शुक्रदोषे स्वरामये ।।३५।।
एतत्स्मृतिकरं वृष्यं वाजीकरणमुत्तमम् । पुत्रदं बलवर्णाढ्यं विशेषाद्वातनाशनम् ।।३६।।
पानभोजननस्येषु न क्वचित्प्रतिहन्यते । विदारीघृतमित्युक्तं रसायनमनुत्तमम् ।।३७।।

26-37. Vidārī Ghṛitam:

Ingredients: *Vidārī kanda*, *aḍuṣā*, root of the plant *yūthī* (jasmine), root of *mātulunga* (kind of lemon), *kartṛiṇa*, *pāṣāṇabheda*, *kastūrī*, root of *mandāra* tree, *gajapippalī*, bark of *citraka*, root of *punarnavā*, *vacā*, *rāsnā*, root of *balā* as well as *atibalā*, *kaṣeru*, *kamala*, *śṛīngāṭaka*, *bhūmyāmalkī*, *śālaparṇī*, *pṛiśniparṇī*, both the smaller and bigger varieties of *vyāghrī*, *gokṣura*, *śaramūla*, root of sugarcane and roots of *darbha*, *kuśa*, *kāṣa* grasses, water, *mūrcchita ghṛitam*, juice of *śatāvarī*, juice of *āmalakī*, jaggery, *yaṣṭi*, *pippalī*, raisin, bark or fruit of *gambhārī*, *paruṣka*, smaller cardamom, *yavāsā*, *reṇukā*, *keśara*, *nāgakeśara*, *jīvaka*, *ṛiṣabhaka*, *kākolī*, *kṣīrakākolī*, *medā*, *mahāmedā*, *ṛiddhi*, *vṛiddhi* and milk.

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Process of Drug-Making: Take 93 gm. measure of the following herbs and compound them: *vidārī kanda*, *aḍuṣā*, root of the plant *yūthī* (jasmine), root of *mātulunga* (kind of lemon), *kartṛiṇa*, *pāṣāṇabheda*, *kastūrī*, root of *mandāra* tree, *gajapippalī*, bark of *citraka*, root of *punarnavā*, *vacā*, *rāsnā*, root of *balā* as well as *atibalā*, *kaṣeru*, *kamala*, *śṛīngāṭaka*, *bhūmyāmalkī*, *śālaparṇī*, *pṛiśniparṇī*, both the smaller and bigger varieties of *vyāghrī*, *gokṣura*, *śaramūla*, root of sugarcane and roots of *darbha*, *kuśa* and *kāṣa* grasses. Pour the powder into water measuring 12 litre and boil the preparation till it is reduced to one fourth of the original quantity. Add to the decoction, the following: 750 ml. each of the *mūrcchita ghṛitam*, juice of *śatāvarī* and juice of *āmalakī*, 280 gm. measure of jaggery, and 12 gm. measure each of the *yaṣṭi*, *pippalī*, raisin, bark or fruit of *gambhārī*, *paruṣka*, smaller cardamom, *yavāsā*, *reṇukā*, *keśara*, *nāgakeśara*, *jīvaka*, *ṛiṣabhaka*, *kākolī*, *kṣīrakākolī*, *medā*, *mahāmedā*, *ṛiddhi* and *vṛiddhi*. Prepare a *kalka* from all these ingredients. Add this *kalka* to the decoction above. Now take milk measuring 1500 ml. and add to the *kalka*. Mix the decoction into this. Cook the preparation together on a slow heat for a proper period.

Method of use/Administration: This medicine can be taken by dissolving it into milk, along with meals. It can also be administered through *nasya* method (medication through nose).

Therapeutic benefits: This medicine called *Vidārī Ghṛitam* is useful in a number of diseases including all kinds of urinary blockage, *prameha* (i.e. urinary disorders including diabetes), *aśmarī*, *mūtrakṛicchra* (dysuria), heart disorders, *pitta gulma*, *vāta rakta*, disorders of the *pitta doṣa*, bronchitis, breathing troubles, chest-injury, weakness owing to the excessive intercourse and carrying loads on the shoulders, and practicing archery and the like, excessive thirst, insanity, vomitting of blood, tremors, loss of blood, tuberculosis, epilepsy, *śirograha*, vaginal troubles, disorder in ovum and sperms and disordered speech. This medicine is a great *rasāyaṇa*, an effective aphrodisiac, promoter of memory power and strength and is particularly effective in checking the *vāta* related disorders.

(*Bhāvaprakāśa*)

भद्रावहं घृतम् (भा. प्र.)–

अम्बष्ठा पाटला चैव वर्षाभूद्वयमेव च । विन्दारीकन्दः काशश्च कुशमोरटगोक्षुराः ।।३८।।
पाषाणभेदो वाराही शालिमूलं शरस्तथा । भल्लातकं शिरीषस्य मूलमेषामथाहरेत् ।।३९।।
समभागानि सर्वाणि क्वाथयित्वा विचक्षणः । पादशेषकषायेण घृतप्रस्थं विपाचयेत् ।।४०।।

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कल्कं दत्तवाऽथ मतिमान् गिरिजं मधुकं तथा । नीलोत्पलञ्च काकोलीं बीजं त्रापुषमेव च ।
कौष्माण्डञ्च तथैवारुसम्भवञ्च समं भवेत् ।।४१।।
उष्णावातं निहन्त्येतद् घृतं भद्रावहं शुभम् । भूत्राघाताश्मरीमेहान् भास्करस्तिमिरं यथा ।।४२।।

38-42. Bhadrāvaham Ghṛitam:

Ingredients: *Ambaṣṭa*, *paṭala*, roots of both the white and red varieties of *punarnavā*, *vidārī kanda*, *śāli* variety of rice, root of *śara*, purified fruit of *bhallātaka*, root of plant *śirīṣa*, water, *mūrcchita ghṛitam*, *śilājatu*, *madhuka*, *nīlakamala*, *kākolī*, seeds of *trapuṣpa* (cucumber), seeds of the *kuṣmāṇḍa* fruit and *karkaṭī*.

Process of Drug-Making: Take 200 gm. each of the following herbs: *ambaṣṭa*, *paṭala*, roots of both the white and red varieties of *punarnavā*, *vidārī kanda*, *śāli* variety of rice, root of *śara*, purified fruit of *bhallātaka* and root of plant *śirīṣa*. Coarsely powder them all and obtain 3 kg. measure of their combination. Pour the mix into water measuring 12 litre and boil the preparation till it is reduced to a quarter of the original. Now strain the liquid into some safe pot and add to it *mūrcchita ghṛitam* measuring 750 ml. Also mix to the preparation a *kalka* obtained through compounding the equal parts (i.e. 27 gm. each) of *śilājatu*, *madhuka*, *nīlakamala*, *kākolī*, seeds of *trapuṣpa* (cucumber), *kuṣmāṇḍa* fruit and *karkaṭī*. Subsequently, boil the preparation thoroughly.

Therapeutic benefits: This *Bhadrāvaham Ghṛitam* is very helpful in checking blockage of urine, *aśmarī* and varieties of *prameha* (i.e. urinary disorders including diabetes).

(*Bhāvaprakāśa*)

उशीराद्यं तैलम्–

उशीरं तगरं कुष्ठं यष्टीमधुकचन्दनम् । बिभीतक्यभया भीरुः पद्यमुत्पलशारिवे ।।४३।।
बला तुरगगन्धा च दशमूलं शतावरी । विदारी चैव काकोली गुडूच्यतिबला तथा ।।४४।।
श्वदंष्ट्रा शतपुष्पा च वाट्यालकमधूरिके । एतैः कर्षमितैर्भागैस्तैलप्रस्थं विपाचयेत् ।।४५।।
सपत्रफलमूलस्य गोक्षुरस्य पलं शतम् । जलद्रोणे विपक्तव्यं पादांशेनावतारयेत् ।।४६।।
तक्र तैलसमं देयं वीरणक्वाथमाढकम् । मूत्राघातं मूत्रकृच्छ्रमश्मरीं हन्ति दारुणाम् ।।४७।।
बलवर्णकरं वृष्यं वातपित्तनिषूदनम् । उशीराद्यमिदं तैलं काशिराजेन निर्मितम् ।।४८।।

43-48. UśīrādyaTailam:

Ingredients: *Uśīra* grass, *tagara*, *kuṣṭha*, *yaṣṭimadhu*, sandalwood, bark of the fruit of *vibhītaka*, *haraḍa*, *śatāvarī*, *padma*, *utpala*, *anantamūla*, root of *balā*, *aśvagandhā*, *daśamūla*, *śatāvarī*, *vidārī kanda*, *kākolī*, *guḍūcī*, *atibalā* roots,

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gokṣura, root of plant *śveta balā*, aniseeds, water, *mūrcchita* oil of sesame and whole plant of *gokṣura* (along with its root, trunk and leaves).

Process of Drug-Making: Take 12 gm. measure each of the following: *uśīra* grass, *tagara*, *kuṣṭha*, *yaṣṭimadhu*, sandalwood, bark of the fruit of *vibhītaka*, *haraḍa*, *śatāvarī*, *padma*, *utpala*, *anantamūla*, root of *balā*, *aśvagandhā*, *daśamūla* (all of the ten herbs of this group taken separately), *śatāvarī*, *vidārī kanda*, *kākolī*, *guḍūcī*, *atibalā* roots, *gokṣura*, root of plant *śveta balā* and aniseeds. Powder all of them and prepare their *kalka* along with water. Pour the preparation into *mūrcchita* oil of sesame measuring 750 ml. Now obtain the whole plant of *gokṣura* (along with its root, trunk and leaves) measuring 5 kg. and cook it along with water measuring 12 litre. Boil this till the original quantity is reduced into a quarter. Mix this decoction into the above preparation and store it into a copper pot. Then cook this on a slow heat for a proper period.

Therapeutic benefits: This *Uśīrādi Tailam* is very helpful in checking blockage of urine, *aśmarī* and *mūtrakṛicchra* (dysuria). This medicine has been prescribed by sage Śṛīkaśiraj.

शिलोद्भिदादितैलम्–

शिलोद्भिदेरण्डसमस्थिराभिः पुनर्नवाभीरुरसेषु सिद्धम् ।
तैलंश्रृतंक्षीरमथानुपानंकालेषु कृच्छ्रादिषुसम्प्रयोज्यम् ।।४९।।

49. Śilodbhidādi Tailam:

Ingredients: *Pāṣāṇabheda*, root of plant *eraṇḍa*, *śālaparṇī*, *mūrcchita* sesame oil, juice or decoction of root of *punarnavā* and juice or decoction of *śatāvarī*.

Process of Drug-Making: Take in 83 gm. each of *pāṣāṇabheda*, root of plant *eraṇḍa* and *śālaparṇī* to make their combined weight of 252 gm. Prepare a *kalka* of the same and pour it into *mūrcchita* sesame oil measuring 1 litre. Now take the juice or decoction of root of *punarnavā* measuring 2 litre and take equal amount of the juice or decoction of *śatāvarī*. Add this to the above preparation and boil it on a slow heat till it is thoroughly cooked.

Method of use/Administration: Take doses of 6-12 ml. of this drug and dissolve it into lukewarm milk.

Therapeutic benefits: This preparation is effective in checking *mūtrakṛicchra* and related ailments.

(*Bhāvaprakāśa*)

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मूत्राघाते पथ्यानि–

अभ्यञ्जनस्नेहविरेकवस्तिस्वेदावगाहोत्तरवस्तयश्च ।
पुरातनालोहितशालयश्च मांसानि धन्वप्रभवाणिमद्यम् ।।५०।।
तक्रं पयो दध्यपि माषयूषः पुराणकूष्माण्डफलं पटोलम् ।
महार्द्रकं तालफलास्थिमज्जाहरीतकी कोमलनारिकेलम् ।।५१।।
गुवाकखर्ज्जूरकनारिकेलतालद्रुमाणामपि मस्तकानि ।
यथामलं सर्वमिदञ्च मूत्राघातातुराणां हित मामनन्ति ।।५२।।

50-52. The following measures are very helpful in treating the indisposition of urinary blockage: massaging through oil, intake of oily materials, *basti* (enema) and *virecana* (purgation) therapy, sweating, *uttara basti* and water sports.. Also helpful is intake of old red variety of rice, meat of the birds and animals belonging to the deserts, liquor, buttermilk, milk, curd, cooked *urada* pulse, old fruit s of *kuṣmāṇḍa* and *paṭola*, ginger and *tintiḍikā*, pulp of the stone of palm fruit, *haraḍa*, unripe coconut fruits, betel nuts, head (top portion) of the date, coconut and palm trees.

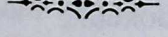
मूत्राघातेऽपथ्यानि–

विरुद्धानि च सर्वाणि व्यायामं मार्गशीतलम् । रूक्षं विदाहि विष्टम्भि व्यवायं वेगधारणम् ।।
करीरं वमनं चापि मूत्राघाती विवर्जयेत् ।।५३।।

53. The following measures are harmful in treating the indisposition of urinary blockage: incompatible meals, excess exercise, continuing in the cold, intercourse, holding the calls of the nature, taking the fruit *karīra* and vomiting.

इति भैषज्यरत्नावल्यां मूत्राघातचिकित्साप्रकरणम् ।।३५।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायांमूत्राघातचिकित्साप्रकरणम् ।।३५।।

End of the Chapter 35 of Bhaiṣajya Ratnāvalī with Commentary



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अथाश्मरीचिकित्साप्रकरणम् ३६

Chapter 36
Aśmarī

अश्मरीलक्षणम् (यो. र.)–

आदौ शूलः कुक्षिदेशे कटौ स्यात् । पश्चाद्रोधो जायते मूत्रमुष्णम् ।
एतैर्लिङ्गैरश्मरीरोगचिह्नं ज्ञात्वा कुर्याद् भेषजाद्यैश्चिकित्साम् ।।१।।

1. *Aśmarī* disorder has the following symptoms: first a pain develops in the areas of *kukṣi* and waist. Later on, obstruction to urinary flow is caused and warm urine is released. Such *aśmarī* disorder should be treated with appropriate medications.

(*Yoga Ratnākar*)

चिकित्साक्रमः–

वाताश्मरीपूर्वरूपे स्नेहपानं प्रशस्यते ।।२।।

2. During the early stages of *aśmarī* disorder, treating the patient with *snehapana* is considered to be beneficial.

वरुणादिक्वाथः–

वरुणस्य त्वचं श्रेष्ठां शुण्ठीगोक्षुरसंयुताम् । यवक्षारं गुड़ं दत्त्वा क्वाथयित्वा जलं पिबेत् ।।
अश्मरीं वातजां हन्ति चिरकालानुबन्धिनीम् ।।३।।

3. Varuṇādi Kvātha:

Ingredients: Bark of *varuṇa*, *śunṭhī*, *gokṣura*, *yavakṣāra* and jaggery.

Process of Drug-Making: This is a decoction-based formula involving fresh *varuṇa* barks (12 gm.), *śunṭhī*(2 gm.) and *gokṣura* (10 gm.). These herbs should be decxocted together in water measuring eight times of their combined weight. The decoction process should continue till the one-fourth of the original is left.

Method of use/Administration: The decoction should be taken by adding *yavakṣāra* (500 mg.) and jaggery(24 gm.).

Therapeutic benefits: It cures *vātika* type of *aśmarī* even if it is a chronic one.

(Cakradatt)

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वरुणादिक्वाथः (वृहत्)–

वारुणं वल्कलं शुण्ठी बीजं गोक्षरसंभ । तालमूली कुलत्थं च कुशादि पञ्चमूलकम् ।।४।।
शर्कराक्षारसंयुक्तं क्वाथयित्वा जलं पिबेत् । अश्मरीमूत्रकृच्छ्रघ्नं बस्तिमेहनशूलनुत् ।।५।।

4-5. Varuṇādi Kvātha (Major Variety):

Ingredients: Bark of *varuṇa*, dried ginger, seeds of *gokṣura*, *muṣalī*, *kulattha*, root of *kuśa*, root of *kaś*, root of sugarcane, *śaramula*, *darbha mūla*, water, sugar and *yavakṣāra*.

Process of Drug-Making: Take equal parts of bark of *varuṇa*, dried ginger, seeds of *gokṣura*, *muṣalī*, *kulattha*, root of *kuśa*, root of *kaś*, root of sugarcane, *śaramūla* and *darbha mūla*. Thickly pulverize all these materials and obtain 25 gm. of their mixture. Decoct this mixture with water measuring 400 ml. Decoct the same till its original quantity is reduced to a one eighth. Consume this decoction by adding 10 gm. measure of sugar and 1 gm. measure of *yavakṣāra*.

Method of use/Administration: Drink this decoction daily.

Therapeutic benefits: This *Bṛihadvaruṇādi Kvātha* cures *aśmarī*, *mūtrakṛicchra*, *basti śūla* and *linga śūla*.

वरुणशिग्रुक्वाथौ–

सगुडोवरुणक्वाथस्तकल्केनाथवाऽन्वितः । शिग्रुक्वाथोऽथवाऽत्युष्णोहन्त्याशुसरुगश्मरीम् ।।६।।

6. Varuṇaśigru Kvātha:

Ingredients: *Varuṇa* bark, water, *guḍa* (raw sugar), *yavakṣāra*, sugar, powder of *varuṇa's* bark and jaggery.

Process of Drug-Making: Decoct 24 gm. measure of *varuṇa* barks in 384 ml. measure of water. Decoct it till the original quantity is reduced to a one fourth. Sieve the preparation. Similarly one could also add powder of *varuṇa's* bark (2 gm.) and jaggery (24 gm.) to the obtained decoction. Likewise, adding *guḍa* (raw sugar) in the decoction of *śobhāñjana's* bark could also make a purposeful recipe.

Method of use/Administration: Drink anyone of the recipes.

Therapeutic benefits: These measures would help in curing *aśmarī* and associated pain.

शुण्ठ्यादिक्वाथः–

शुण्ठ्यग्निमन्थपाषाणशिग्रुवरुणगोक्षुरैः । काश्मर्यारग्वधफलैः क्वाथं कृत्वा विचक्षणः ।।७।।

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रामठक्षारलवणचूर्णं दत्त्वा पिबेन्नरः । अश्मरीमूत्रकृच्छ्रघ्नं दीपनं पाचनं परम् ।
हन्यात्कोष्ठाश्रितं वातं कट्यूरुगुदमेढ्रगम् ।।८।।

7-8. Śuṇṭhyādi Kvātha:

Ingredients: *Śuṇṭhī*, *agnimantha*, *pāṣāṇabheda*, *śigru*, *varuṇa*, *gokṣura*, *abhayā*, fruit of *āragvadha*, powder of *rāmatha* (*hingu*), *kṣāra* (alkali) and *lavaṇa* (rock-salt).

Process of Drug-Making: Take equal parts of the above ingredients (excluding rock salt and alkali). Thickly pulverize all these materials and obtain 25 gm. of their mixture. Decoct this mixture with water measuring 400 ml. Decoct the same till its original quantity is reduced to a one eighth.

Method of use/Administration: Consume this decoction by adding 1 gm. of rock salt, 500 mg. of asafoetida and 1 gm. *yavakṣāra*.

Therapeutic benefits: It cures *aśmarī* and dysuria. It stimulates the power of digestion and promotes *pācana* (digesting of uncooked food). It cures aggravated *vāta* located in the gastro-intestinal tract, lumber region, thighs, anus and pudendum.

(Cakradatt)

वरुणादिकषायः (भा. प्र.)–
वरुणत्वक्शिलाभेदशुण्ठीगोक्षुरकैः कृतः । कषायः क्षारसंयुक्तः शर्कराञ्च भिनत्त्यपि ।।९।।

9. Varuṇādi Kāṣāya:

Ingredients: Bark of *varuṇa*, *pāṣāṇabheda*, dried ginger, *gokṣura* and water.

Process of Drug-Making: Take equal parts of the above ingredients. Thickly pulverize all these materials and obtain 25 gm. of their mixture. Decoct this mixture with water measuring 400 ml. Decoct the same till its original quantity is reduced to a one eighth. Sieve the decoction.

Method of use/Administration: Drink the decoction by adding 2 gm. measure of *yavakṣāra* to it.

Therapeutic benefits: This decoction would provide relief to patients suffering from *aśmarī* and sugar (*śarkara*).

(*Bhāvaprakāśa*)

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एलादिक्वाथः–

एलोपकुल्यामधुकाश्मभेदकौन्तीश्वदंष्ट्रावृषकोरुवूकैः।
श्रृतंपिबेदश्मजतुप्रगाढंसशर्करेचाश्मरिमूत्रकृच्छ्रे ।।१०।।

10. Elādi Kvātha:

Ingredients: Smaller cardamom, *pippalī*, *madhuyaṣṭī*, *pāṣāṇabheda*, *reṇukā*, *gokṣura*, *aḍuṣā*, bark of *eraṇḍa* root, water, purified *śilājatu*, sugar and honey.

Process of Drug-Making: Take equal parts of smaller cardamom, *pippalī*, *madhuyaṣṭī*, *pāṣāṇabheda*, *reṇukā*, *gokṣura*, *aḍuṣā* and bark of *eraṇḍa* root. Thickly pulverize all these materials and obtain 25 gm. of their mixture. Decoct this mixture with water measuring 400 ml. Decoct the same till its original quantity is reduced to a one eighth. Sieve the decoction.

Method of use/Administration: Drink the decoction by adding 500 mg. measure of purified *śilājātu* and 10 gm. measure of sugar.

Therapeutic benefits: This decoction is very much beneficial for the patients of *aśmarī* and *mūtrakṛicchra*.

श्वदंष्ट्रादिक्वाथः (च. द.)–

श्वदंष्ट्रैरण्डपत्राणि नागरं वरुणत्वचम् । एतत्क्वाथवरं प्रातः पिबेदश्मरिभेदनम् ।।११।।

11. Śavadanṣṭrādi Kvātha:

Ingredients: *Gokṣura*, leaves of *eraṇḍa*, dried ginger and bark of *varuṇa*.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts. Thickly pulverize all these materials and obtain 25 gm. of their mixture. Decoct this mixture with water measuring 400 ml. Decoct the same till its original quantity is reduced to a one eighth. Sieve the decoction.

Method of use/Administration: Drink the decoction during the morning hours.

Therapeutic benefits: It gives relief from *aśmarī* disorder.

(Cakradatt)

वीरतरादिगणः (च. द.)–

वीरतरः सहचरौ दर्भो वृक्षादनी नलः । गुन्द्रा काशकुशावश्मभेदमोरटटुण्टुकाः ।।१२।।
कुरुण्टिका च वशिरो वसुकः साग्निमन्थकः । इन्दीवरी श्वदंष्ट्रा च तथा कपोतवक्रकः ।।१३।।
वीरतारादिरित्येष गणो वातविकारनुत् । अश्मरीशर्करामूत्रकृच्छ्राघातरुजापहः ।।१४।।

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12-14. The group of herbs containing *virtara* (root of the plant *śara*), both the varieties of the plant *sahacara* (having blue and yellow flowers), *darbha*, *vṛikṣādanī*, *nala*, *guruca*, *kāśa*, *kuśa*, *pāṣāṇabheda*, root of sugarcane, *śyoṇāka*, *vaśira*, kind of the plant *sūryāvarta*, bark of *agastya*, *araṇī*, *nilotpala*, *gokṣura* and *kapotavakra* is known as *Viratarādi* group of herbs. This helps in relieving disorders of *vāta*. It also checks *aśmarī*, sugar in urine, *mūtrakṛicchra* and *mūtra ghāta*.

Note: The commentator Śivadāsajī has taken the term '*Kapotavakra*' to mean a small tree like one of '*śirīṣaptra*'. It is also called '*kaḍai*'. The commentary '*Vaidyakāśabdasindhu*' has included *kākamācī* among the herbs of *viratarādi* group. Therefore, *kapotavakra* may also mean *kākamācī*. It may also mean smaller cardamom as well.

(Cakradatt)

ऊषकादिगणः (च. द.)–

ऊषकं सैन्धव हिङ्गु कासीसद्वयगुग्गुलु । शिलाजतु तुत्थकञ्च ऊषकादिरुदाहृतः ।।१५।।
ऊषकादिः कफं हन्ति गणो मेदोविशोधनः । अश्मरीशर्करामूत्रशूलघ्नः कफगुल्मनुत् ।।१६।।

15-16. *Uṣakādi* group of drugs: *Uṣaka*, rock salt, *mṛidvīkā*, both the varieties of *kaśīśa*, *guggulu*, *śilājātu* and *kulattha*—these drugs alleviate *kapha*, reduces fat, cures stone as well as gravel in urine, dysuria and affliction of urine by *kapha*.

(Cakradatt)

गोक्षुरबीजचूर्णम्–

त्रिकण्टकस्य बीजानां चूर्णं माक्षिकसंयुतम् । अजाक्षीरेण सप्ताहं पेयमश्मरिभेदनम् ।।१७।।

17. Intake of the powder of the seeds of *ṭrikañṭaka* along with honey and milk of sheep for one week cures *aśmarī* (stone).

(Cakradatt)

मुशलीन्द्रवारुणीयोगौ–

प्रपिबेत्तालमूल्या वा कल्कं व्युषितवारिणा । तेनैवाथ गवाक्ष्या वा त्र्यहादश्मरिपातनम् ।।१८।।

18. Take 3 gm. measure of *muṣalī* powder and consume it along with water that has been kept in a copper ware for a whole night period. Similarly, one can also drink powder of *indrayava's* root with water as stated above. In this way,

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regular intake of any one of the above mentioned drink for three consecutive days would help in alleviating the disease of *aśmarī*.

नारिकेलकुसुमप्रयोगः–

योनारिकेलकुसुमंसक्षारंवारिणापिष्ट्वा । पिबतिहितस्यदिनैककान्निपतति घोराश्मरी नूनम् ।।१९।।

19. Persons who drink *kalka* of 12 gm. measure of coconut flowers along with water by adding to it 1 gm. of *yavakṣāra* would effectively get relief from *aśmarī*.

अश्मरीभेदनो योगः (च. द.)–

मूलं श्वदंष्ट्रेक्षुरकोरुबूकात् क्षीरेण पिष्टं बृहतीद्वयाच्च ।
आलोड्यदध्ना मधुरेण पेयं दिनानि सप्ताश्मरिभेदनार्थम् ।।२०।।

20. Take equal parts of *gokṣura*, *kokilākṣa*, *eraṇḍa* and roots of lesser and bigger varieties *vyāghrī*. Ground them into powder. Obtain 25 gm. of this mix and triturate it with sweet curd. Consume the resultant recipe for seven consecutive days to get rid of *aśmarī*.

(Cakradatt)

आनन्दयोगः–

तिलापामार्गकदलीपलाशामलकाण्डकान् । दग्ध्वा तद्भस्मतोयन्तु वस्त्रपूतं च कारयेत् ।।२१।।
तत्पचेत्तोयशेषान्तं ततश्चूर्णं द्विगुञ्जकम् । पाययेदविमूत्रेण शर्कराऽश्मरिजिद् भवेत् ।।२२।।

21-22. Ānandayoga:

Ingredients: Ashes of the sesame plant (all its five limbs), the plant *apāmārga* (all its five limbs), roots of banana plant, *palāśa* (its bark), *āmalakī* and water.

Process of Drug-Making: Take ashes of one kilogram each of the sesame plant (all its five limbs), *apāmārga* (all its five limbs), roots of banana plant, *palāśa* (bark) and *āmalakī*. Dissolve them together in water measuring 30 litres. Strain the preparation for 21 times through a thick piece of cloth and keep the preparation undisturbed for three hours. Subsequently, obtain the upper layer's water of the preparation and store it in a pan. Cook it on a slow heat. When the water content is evaporated, dry the silt under sun. Preserve the same in glass bottle.

Method of use/Administration: This alkali should be taken in measure of 250 mg. along with urine of a sheep.

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Therapeutic benefits: It cures *śarkara* (gravel) in the urine.

बृहद् गोक्षुराद्यवलेहः (बृ. नि. र.)–

गोक्षुरकं पलशतं दशमूलं तथैव च । पाषाणभेदोऽष्टपलं गुडूची पलपञ्चकम् ।।२३।।
एरण्डोऽभीरुरष्टौ च पलान्येव पृथग् दश । पद्यमूलं चाश्वगन्धा प्रत्येकं पलविंशतिः ।।२४।।
सर्वमेकत्र संकुट्य जलद्रोणे विपाचयेत् । पादशेषं तु संगृह्य वस्त्रपूतं समाक्षिपेत् ।।२५।।
घनीभूतेतु संजाते द्रव्याणीमानि दापयेत् । गव्याज्यं प्रस्थमेकन्तु शिलाजं च तथा स्मृतम् ।।२६।।
ताम्रमूली शताह्वा च त्रिकटु त्रिफला तथा । सूक्ष्मैला भूतकेशी च ह्रीबेरं नागकेशरम् ।।२७।।
पद्मकं जातिपत्रत्वग्मधुयष्टी सरोचना । जातीफलमुशीरं च त्रिवृतां रक्तचन्दनम् ।।२८।।
धान्याकं कटुकाक्षारौनागवल्लीचशृङ्गिका । पुष्कराह्वं शटी दारु सीसं लौहं च वङ्गकम् ।।२९।।
द्रव्याणीमानि संगृह्य प्रत्येकं पलमात्रकम् । खादेद्बलाग्निं संप्रेक्ष्य पथ्यं सेवेत मानवः ।।३०।।
स्निग्धभाण्डे निधायाथनित्यंलिह्यात्पलोन्मितम् । अश्मरीं मूत्रकृच्छ्रं च मूत्राघातं विबद्धता ।।३१।।
प्रमेहा विंशतिश्चैव शुक्रदोषस्तथैव च । धातुक्षयश्चोष्णवातो वातकुण्डलिकादयः ।।३२।।
ते सर्वे प्रशमं यान्ति भास्करेण तमो यथा । नातः परतरः कश्चित् कृष्णात्रेयेण पूजितः ।।३३।।

23-33. Gokṣurādya Avaleha:

Ingredients: *Gokṣura*, *daśamūla*, *pāṣāṇabheda*, *guḍūcī*, *eraṇḍa* root, *śatāvarī*, *padma mūla* (root of lotus), *aśvagandhā*, water, cow *ghṛitam*, purified *śilājatu*, *muṣalī*, aniseeds, *ṭrikaṭu*, *ṭriphalā*, smaller cardamom, *bhutakeśī* (*jaṭāmānsī*), *netrabālā*, *nāga keśara*, *padmaka*, *jātīkoṣa*, cinnamon, *madhuyaṣṭī*, *gorocana*, *jātīphala*, *uśīra*, *ṭrivṛit*, red sandalwood, coriander, *kaṭukī*, *yavakṣāra*, *svarjikṣāra*, root of betel, *karkaṭaśṛingī*, *puṣkaramūla*, *karcūra*, *devadāru*, *nāgabhasma*, *lauha bhasma* and *vanga bhasma*.

Process of Drug-Making: Take the following materials: 5 kg. each of *gokṣura* and *daśamūla*, 375 gm. of *pāṣāṇabheda*, 235 gm. of *guḍūcī*, 375 gm. of *eraṇḍa* root, 500 gm. of *śatāvarī*, 1 kg. each of *padma mūla* (root of lotus) and *aśvagandhā*. Coarsely powder all the materials separately. Following this, decoct each of them separately with 12 litre measure of water. Sieve the decoctions and collect the above mentioned three decoctions in a metal pan. Cook the mix again. When the preparation become thick, add to it, cow *ghṛitam* and purified *śilājātu*each measuring 750 ml., 50 gm. measure each of the following in powdered form: *muṣalī*, aniseeds, *ṭrikaṭu*, *ṭriphalā*, smaller cardamom, *bhutakeśī* (*jaṭāmānsī*), *netrabālā*, *nāga keśara*, *padmaka*, *jātīkoṣa*, cinnamon, *madhuyaṣṭī*, *gorocana*, *jātīphala*, *uśīra*, *ṭrivṛit*, red sandalwood, coriander, *kaṭukī*, *yavakṣāra*, *svarjikṣāra*, root of betel, *karkaṭaśṛingī*, *puṣkaramūla*, *karcūra* and *devadāru*. Also add to the receipe 50 gm. each of *nāgabhasma*, *lauha bhasma* and *vanga*

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bhasma. Properly stir the preparation and collect the same in a glass jar that has been coated with oil.

Method of use/Administration: This medicine is to be consumed according to the digestive power of the user whereas doses of 3-6 gm. are also enough.

Therapeutic benefits: Consumption of this medicine would help in effectively curing *aśmarī*, *mūtrakṛicchra*, *mūtra ghāta*, constipation, 20 types of *prameha* (i.e. urinary disorders including diabetes), all types of *śukra doṣa*, weakness of *dhātu*, *uṣna vāta*, *vātakuṇḍalikā* and the like. This medicine checks all these disorders as effectively as the sun clears the darkness. According to Kriśṇātreya, there is no medicine better than this in curing urinary disorders.

(*Bṛ.Ni.Ra.*)

पाषाणभिन्नो रसः–

शुद्धसूतं द्विधा गन्धं शिलाजतुरसः पलम् । श्वेतपुनर्नवावासारसैः श्वेतापराजितैः ।।३४।।
प्रतिद्रवं त्र्यहं मर्द्य शुष्कं तद्भाण्डसम्पुटे । स्वेदयेद्दोलिकायन्त्रे संशुष्कं तद्विचूर्णयेत् ।।३५।।
रसःपाषाणभिन्नःस्याद्द्विगुञ्जश्चाश्मरीहरेत् । भूधात्रीफलविशालां पिष्ट्वा दुग्धेन पाययेत् ।।३६।।
कुलत्थक्वाथसम्पीतमनुपानं सुखावहम् ।।३७।।

34-37. Pāṣāṇabinna Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, purified *śilājatu*, juice or decoction of white *punarnavā*, juice of *vāsa* leaves and juice of white *aparājitā*.

Process of Drug-Making: Obtain the purified *pārada* (12 gm.), purified *gandhaka* (23 gm.) and purified *śilājātu*(46 gm.). First of all prepare *kajjalī* out of *pārada* and *gandhaka* and add *śilājātu* into it. Following this, triturate the mix properly. Impregnate the mix separately with juice or decoction of white *punarnavā*, juice of *vāsa* leaves, juice of white *aparājitā* for three day each. After completing the impregnation process, prepare a lump out of the mix. Put this lump in a *śarāva saṁpuṭa* and seal the same. Hang this *saṁpuṭa* like a *Dolā Yañtra* and close it in a *Bālukā Yañtra*. Process the *yañtra* through *laghu puṭa* heating. Later on, take out the mix from the *yañtra*. Triturate this mix and store it in a glassware.

Method of use/Administration: This medicine is to be taken in doses of 250 mg. each along with the *kalka* made out of the herbs *bhūmyāmalakī* and *viśālā* (*indravāruṇī*) ground in milk. Decoction of *kulattha* should be consumed as *anupāna*.

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Therapeutic benefits: Intake of this medicine in prescribed way would effectively cure the disease of *aśmarī*.

पाषाणवज्रो रसः–

शुद्धसूतं द्विधा गन्धं रसैः श्वेतपुनर्नवैः । मर्दयित्वा दिनं खल्ले रुद्ध्वा तद्भूधरे पचेत् ।।३८।।
दिनान्ते तत्समुद्धृत्य मर्दयेद् गुडसंयुतम् । अश्मरीं बस्तिशूलञ्च हन्ति पाषाणवज्रकः ।।३९।।
गोरक्षकर्कटीमूलक्वाथं कौलत्थकं तथा । अनुपानं प्रयोक्तव्यं बुद्ध्वा दोषबलाबलम् ।।४०।।

38-40. Pāṣāṇavajra Rasa:

Ingredients: Purified *pārada*, purified *gandhaka* and decoction of *punarnavā's* root.

Process of Drug-Making: Prepare *kajjalī* out of purified *pārada* (100 gm.) and purified *gandhaka* (200 gm.). Triturate this *kajjalī* in decoction of *punarnavā's* root for one whole day. Put the mix in a *śarāva saṁpuṭa* and cook it in *bhūdhara yañtra* for nine hours. When the *yañtra* gets cool on its own, take out the drug and triturate the same. Store the drug in a glass bottle.

Method of use/Administration: This medicine is to be taken in doses of 250 mg. along with 10 gm. measure of *guḍa* (jaggery) to get relief from *aśmarī*, *basti śūla* and urinary problems. After consuming this medicine, one should drink decoction of *indravāruṇī* and decoction of *kulattha* as *anupāna*. Apart from these decoctions, depending on the digestive power, one could be given other suitable *anupānas*.

Therapeutic benefits: It cures *aśmarī*, *basti śūla* and urinary problems.

(*Rasendra Sār Sangraha*)

त्रिविक्रमो रसः (र. सा. सं.)–

मृतताम्रमजाक्षीरैः पाच्यं तुल्यं गते द्रवे । तत्ताम्रं शुद्धसूतञ्च गन्धकञ्च समं समम् ।।४१।।
निर्गुण्डीस्वरसैर्मर्द्यादिनंतद् गोलकीकृतम् । यामैकं बालुकायन्त्रे पक्त्वा दत्त्वाऽर्धगुञ्जकम् ।।४२।।
बीजपूरस्य मूलञ्च सजलञ्चानुपाययेत् । रसस्त्रिविक्रमो नाम शर्करामश्मरीं जयेत् ।।४३।।

41-43. Tṛivikrama Rasa:

Ingredients: *Tāmra bhasma*, goat milk, purified *pārada*, purified *gandhaka*, juice of *nirgunḍī* leaves and decoction of its roots.

Process of Drug-Making: Take 50 gm. measure of *tāmra bhasma* and cook it along with same quantity of goat milk in a small utensil. Cook the same till all the milk gets evaporated and obtain the left over *tāmra bhasma*. Triturate the *bhasma*

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and mix it into *kajjalī* prepared out of purified *pārada* (50 gm.) and purified *gandhaka* (50 gm.). Impregnate the mix with juice of *nirgunḍī* leaves and decoction of its (*nirgunḍī*'s) roots. Following this, triturate the mix for one whole day. Prepare a lump out of the mix and close it in a *śarāva saṁpuṭa*. Place the *śarāva saṁpuṭa* in a *Bālukā Yañtra*. Cook it on a strong heat. Take out the drug from the *yañtra* after it cools down on its own. Triturate the drug into a very fine powder and preserve the same in glass bottles.

Method of use/Administration: This medicine is to be consumed in doses of 250 mg. during the morning hours. Also, one should take powder of *jambīra* lemon's root (1 gm.) along with water.

Therapeutic benefits: Consuming this medicine in the prescribed manner would effectively cure *śarkara* and *aśmarī* diseases.

(*Rasendra Sār Sangraha*)

वरुणाद्यं लौहम्–

द्विपलं वरुणं धात्र्यास्तदर्द्धं धातीकीसुमम् । हरीतक्याः पलार्द्धं च पृश्निपर्णी तदर्धकम् ।।४४।।
कर्षमानं च लौहाभ्रं चूर्णमेकत्र कारयेत् । भक्षयेत्प्रातरुत्थाय माषकौ द्वौ विधानवित् ।।४५।।
मूत्राघातं तथा घोरं मूत्रकृच्छ्रं च दारुणम् । अश्मरीं विनिहन्त्याशु प्रमेहं विषमज्वरम् ।।४६।।
बलपुष्टिकरं चैव वृष्यमायुष्यमेव च । वरुणाद्यमिदं लौहं चरकेण विनिर्मितम् ।।४७।।

44-47. Varuṇādya Lauham:

Ingredients: Bark of *varuṇa*, *āmalakī*, *dhātakī* flowers, *haraḍa* powder, *pṛiśniparṇī* powder, *lauha bhasma* and *abhraka bhasma*.

Process of Drug-Making: Obtain 93 gm. of bark of *varuṇa* and 46 gm. of fruits of *āmalakī* in powdered form. Also take 46 gm. measure of *dhātakī* flowers, 23 gm. measure of *haraḍa* powder, 12 gm. each of *pṛiśniparṇī* powder, *lauha bhasma* and *abhraka bhasma*. Collect all the materials in a mortar and obtain fine powder out of them.

Method of use/Administration: This *Varuṇādya Lauha* is to be taken daily during morning hours in doses of 1 gm. along with honey. Decoction of the *tṛiṇa pañcamūla* herbs and cold water should be taken as *anupāna*.

Therapeutic benefits: This medication would alleviate the problems of severe *mūtra ghāta*, difficult cases of the *mūtrakṛicchra*, *aśmarī*, *prameha* (i.e. urinary disorders including diabetes), *viṣam jvara* and the like. This medicine also

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promotes power, vigour, longevity and aphrodisiac capacity. This medicine has been prepared by God Caraka.

कुलत्थाद्यं घृतम्–

कुलत्थसिन्धूत्थविडङ्गसारंसशर्करं शीतलि यावशूकम् ।
बीजानि कूष्माण्डकगोक्षुराभ्यांघृतं पचेत्तद्वरुणस्य तोये ।।४८।।
दुःसाध्यसर्वाश्मरिमूत्रकृच्छ्रंमूत्राभिघातञ्च समूत्रबन्धम् ।
एतानि सर्वाणि निहन्ति शीघ्रंप्ररूढवृक्षानिव वज्रपातः ।।४९।।

48-49. Kulatthādya Ghṛitam:

Ingredients: *Kulattha*, rock salt, *vāyaviḍanga*, sugar, *śitalī*(a water born herb having white flowers), *yavakṣāra*, seeds of *kuṣmāṇḍa*, *gokṣura*, *mūrcchita* cow *ghṛitam*, bark of *varuṇa* and water.

Process of Drug-Making: Prepare *kalka* out of the following by pulverizing them on a stone slab with water: *kulattha*, rock salt, *vāyaviḍanga*, sugar, *śitalī*(a water born herb having white flowers), *yavakṣāra*, seeds of *kuṣmāṇḍa* and *gokṣura* measuring 32 gm. each.

Take *mūrcchita* cow *ghṛitam* (1 kg.), bark of *varuṇa* (4 litre.) and decoct these materials in water measuring eight times greater (16 litres). Decoct the preparation till the original quantity is reduced to one fourth. Following this, collect the above mentioned *kalka*, *mūrcchita ghṛitam* and decoction in a large brass or copper vessel. Methodologically cook this preparation to obtain medicinal *ghṛitam*.

Dosage: 12 gm. along with warm cow milk.

Therapeutic benefits: This *Kulatthādi Ghṛitam* is capable of curing all types of difficult *aśmarī* disorders, *mūtrakṛicchra*, *mūtra ghāta* and *mūtra vibanda*. The effect of this medicine is similar to the *vajrapāta* (lightening) in destroying huge trees.

(Cakradatt)

वरुणघृतम्–

वरुणस्य तुलां क्षुण्णां जलद्रोणे विपाचयेत् । पादशेषं परिस्राव्य घृतप्रस्थं विपाचयेत् ।।५०।।
वरुणं कदली बिल्वं तृणजं पञ्चमूलकम् । अमृता चाश्मजं देयं बीजञ्च त्रपुषोद्भवम् ।।५१।।
शतपर्वा तिलक्षारं पलाशक्षारमेव च । यूथिकायाश्च मूलानि कार्षिकाणि समावपेत् ।।५२।।
अस्य मात्रां पिबेज्जन्तुर्देशकालाद्यपेक्षया । जीर्णे तस्मिन् पिबेत्पूर्वं गुड़ं जीर्णन्तु मस्तुना ।
अश्मरीं शर्कराञ्चैव मूत्रकृच्छ्रं विनाशयेत् ।।५३।।

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50-53. Varuṇa Ghṛitam:

Ingredients: Bark of *varuṇa*, water, *mūrcchita* cow *ghṛitam*, root of banana tree, bark of *bilva* and pulp of its ripe fruit, root of *kuśa*, root of *kaśa*, *śarmūla*, root of *darbha*, root of sugarcane, *guḍūcī*, purified *śilājatu*, seed of *airvāru*, root of bamboo, *tila kṣāra*, *palāśa kṣāra* and root of *yūthī*.

Process of Drug-Making: Take bark of *varuṇa* in measurement of 5 kg. and thickly pulverize it. Decoct it with water measuring 12 litre. Sieve the decoction, when it is reduced to one fourth of its original quantity. Following this, prepare a *kalka* of the following materials by pulverizing them on a stone slab with water: *mūrcchita* cow *ghṛitam* (750 ml.), 12 gm. each of bark of *varuṇa*, root of banana tree, bark of *bilva* and pulp of its ripe fruit, root of *kuśa*, root of *kaśa*, *śarmūla*, root of *darbha*, root of sugarcane, *guḍūcī*, purified *śilājatu*, seed of *airvāru*, root of bamboo, *tila kṣāra*, *palāśa kṣāra* and root of *yūthī*.

Following this, collect the above mentioned *kalka*, *mūrcchita ghṛitam* and decoction in a large brass or copper vessel. Methodologically cook this preparation to obtain the medicinal *ghṛitam*.

Method of use/Administration: The dosage of this *ghṛitam* is decided after noting down various factors like, *deśa* (area), *kāla* (timing), age, strength and the level of disorder of the patient. However, doses of 3 gm. to 12 gm. is enough. After the medicinal *ghṛitam* is digested, one should drink water from the upper layer of curd adding old raw sugar to it.

Therapeutic benefits: Consuming this medicine in the prescribed manner would alleviate indispositions like *aśmarī*, *śarkara* and *mūtrakṛicchra*.

(Cakradatt)

पाषाणभेदादिघृतम्–

पाषाणभेदो वसुको वशिरोऽश्मन्तकस्तथा । शतावरी श्ववदंष्ट्रा च बृहती कण्टकारिका ।।५४।।
कपोतवक्त्रार्त्तगलकाञ्चनोशीरगुल्मकाः । वृक्षादनी भल्लुक वरुणश्च: शाकजं फलम् ।।५५।।
यवाःकुलत्थाःकोलानि कतकस्य फलानि च । ऊषकादिप्रतीवापमेषां क्वाथे श्रृतं घृतम् ।।५६।।
भिनत्ति वातसम्भूतामश्मरीं क्षिप्रमेव तु ।।५७।।
क्षारान्यवागूःपेयाश्च कषायाणि पयांसि च । भोजनानि च कुर्व्वीत वर्गेऽस्मिन्वातनाशने ।।५८।।

54-58. Pāṣāṇabhedādi Ghṛitam:

Ingredients: *Pāṣāṇabheda*, *vasuka*, *vaśira*, *aśmantaka*, *śatāvarī*, *śvadaṃṣṭra*, *bṛihatī*, *kaṇṭakārī*, *kapota vakra*, *artagala*, *kāncana*, *usira*, *gulmaka*, *vṛikṣādanī*,

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bhalluka, *varuṇa*, fruit of *śāka*, *yava*, *kulattha*, *kola*, fruit of *kataka*, drugs belonging to *uṣakādi* group, water and *mūrcchita* cow *ghṛitam*.

Process of Drug-Making: Obtain 190 gm. measure each of *pāṣāṇabheda*, *vasuka*, *vaśira*, *aśmantaka*, *śatāvarī*, *śvadaṃṣṭra*, *bṛihatī*, *kañṭakārī*, *kapota vakra*, *artagala*, *kāncana*, *usira*, *gulmaka*, *vṛikṣādanī*, *bhalluka*, *varuṇa*, fruit of *śāka*, *yava*, *kulattha*, *kola*, fruit of *kataka*, drugs belonging to *uṣakādi* group. Coarsely powder them together and decoct their mix in water measuring eight times of their combined weight. Decoct till the preparation is reduced to one fourth. Strain the preparation and add to it the *mūrcchita* cow *ghṛitam* measuring 1 kg. and *kalka* of all the above drugs together measuring 31 gm. (For this, obtain the above mentioned herbs in equal parts. Please note that these herbs are used for obtaining the decoction as well as the *kalka* from them.) Again cook the ingredients together and thus obtain the medicated *ghṛitam* called *Pāṣāṇabhedādi Ghṛitam*.

Method of use/Administration: Dosage: 3-6 gm. along with warm cow milk.

While taking this medicine, the patient should also take *kṣāra*s (alkali preparations), *yavāgū* (thick gruel), vegetable soups, decoctions and milk prepared of the above mentioned *vāta*-alleviating drugs. Thus a greater effect of the drug is obtained.

Therapeutic benefits: It quickly breaks the stone (*aśmarī*) caused by aggravated *vāta*.

(Cakradatt)

कुशाद्यं घृतम् पित्ताश्मर्याम् (च. द.)–

कुशःकाशःशरोगुल्मउत्करोमोरटोऽश्मभित् । दर्भोविदारीवाराही शालिमूलं त्रिकण्टकः ।।५९।।
भल्लूकः पाटली पाठा पत्तूरोऽथ कुरण्टिका । पुनर्नवे शिरीषश्च क्वथितास्ते तु साधितम् ।
घृतं शिलाह्वमधुकबीजैरिन्दीवरस्य च । त्रपुषैर्वारुकादीनां बीजैश्चावापितं श्रृतम् ।।६०।।
भिनत्ति पित्तसम्भृतामश्मरीं क्षिप्रमेव च । क्षारान् यवागूः पेयाश्च कषायाणि पयांसि च ।
भोजनानि प्रकुर्वीत वर्गेऽस्मिन् पित्तनाशने ।।६१।।

59-61. Kuśādya Ghṛitam

Ingredients: *Kuśa*, *kāsa*, *śara*, *gulma*, *utkara*, *moraṭa*, *aśmabheda*, *darbha*, *vidārī*, *vārāhī*, root of *śali*, *ṭrikañṭaka*, *bhallūka*, *pāṭala*, *pāṭhā*, *pattūra*, *kuraṇṭikā*, *śveta punarnavā*, *rakta punarnavā*, *śirīṣa*, *mūrcchita* cow *ghṛitam*, *kalka* of *śilājatu*, *madhuka*, seed of *indīvara*, *trapuṣa* and *ervāruka*.

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Process of Drug-Making: Obtain 200 gm. measure each of *kuśa*, *kāsa*, *śara*, *gulma*, *utkara*, *moraṭa*, *aśmabheda*, *darbha*, *vidārī*, *vārāhī*, root of *śali*, *ṭrikañṭaka*, *bhallūka*, *pāṭala*, *pāṭhā*, *pattūra*, *kuraṇṭikā*, *śveta punarnavā*, *rakta punarnavā* and *śirīṣa*. Powder them together and decoct them in water measuring eight times of their combined weight. Decoct till the preparation is reduced to one fourth. Strain the preparation and add to it the *mūrcchita* cow *ghṛitam* measuring one litre and *kalka* of *śilājatu*, *madhuka* and seed of *indīvara*, *trapuṣa*, *ervāruka* (each measuring 50 gm.). Cook them together to obtain medicated *ghṛitam*.

Dosage: 6 gm. along with warm cow milk.

Therapeutic benefits: This medicated *ghṛitam* instantaneously cures *paittika* type of stone (*aśmarī*).

(Cakradatt)

वरुणाद्यं घृतं कफाश्मर्याम् (च. द.)–

गणे वरुणकादौ च गुग्गुल्वेलाहरेणुभिः । कुष्ठमुरताह्वमरिचचित्रकैः ससुराह्वयैः ।।६२।।
एतैः सिद्धमजासर्पिरूषकादिगणेन च । भिनत्ति कफसम्भूतामश्मरीं क्षिप्रमेव तु ।।६३।।
क्षारान् यवागूःपेयाश्चकषायाणि पयांसि च । भोजनानि प्रकुर्वीत वर्गेऽस्मिन् कफनाशने ।।६४।।

62-64. Varuṇādya Ghṛitam:

Ingredients: Herbs of *varuṇādi* group, water, *guggulu*, *elā*, *sambhālū*, *kuṣṭha*, *mustaka*, black pepper, *citraka* (roots) *devadāru*, herbs of *uṣkādi* group, saline soil, rock salt, asafoetida, purified *dhātukāśiśa*, purified *puṣpa kāśiś*, purified *guggulu*, purified *śilājatu*, purified *tuttha* and *mūrcchita ghṛitam* obtained through milk of goat.

Process of Drug-Making: Obtain in equal parts (i.e. 91 gm. each) all the herbs of *varuṇādi* group and thus raise 4 kg. of them. Coarsely powder them together and decoct them in water measuring 32 litres. Boil down the decoction till one fourth. Add to it a *kalka* prepared out of 15 gm. measure each of *guggulu*, *elā*, *sambhālū*, *kuṣṭha*, *mustaka*, black pepper, *citraka* (roots) *devadāru* and herbs of *uṣkādi* group, saline soil, rock salt, asafoetida, purified *dhātukāśiś*, purified *puṣpa kāśiś*, purified *guggulu*, purified *śilājātu*and purified *tuttha*. Also add to the preparation 1 litre of *mūrcchita ghṛitam* obtained through milk of goat. Thoroughly cook the preparation and thus obtain the medicated *ghṛitam*.

Dosage: 3-6 gm. along with warm cow milk.

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Therapeutic benefits: This medicated *ghṛitam* helps in checking *kaphaja* type of *aśmarī* (stone).

(Cakradatt)

वरुणादिगणः (च. द.)–

वरुणोऽर्त्तगलः शिग्रुतर्कारीमधुशिग्रुकाः । मेषशृङ्गी करञ्जौ च बिम्व्यग्निमन्थमोरटाः ।।६५।।
शैरीयौ वशिरो दर्भो वरी वसुकचित्रकौ । बिल्वं चैवाजशृङ्गी च बृहतीद्वयमेव च ।।६६।।
वरुणादिगणो ह्येष कफमेदोनिवारणः । विनिहन्ति शिरःशूलं गुल्माद्यान्तरविद्रधीन् ।।६७।।

65-67. Varuṇādi Gaṇa:

The group containing the following herbs in equal parts is known as *Varuṇādi* group of herbs: bark of *varuṇa*, *sahacarā* plants having blue flowers, bark of *śobhāñjana*, *jayantī*, sweet *śobhāñjana*, *meṣaśṛingii*, *latā karañja*, *viṭapkarañja*, *kundaru*, bark of *araṇī*, bark of sugarcane, *piyavāsā* having yellow flowers, *piyavāsā* having blue flowers, *sūryāvarta*, *darbhamūla*, *śatāvarī kanda*, *agastya puṣpa*, bark of *citraka*, bark of *bilva*, *ajaśṛingī*, smaller *kañṭakārī* and bigger *kañṭakārī*. This group is very much beneficial in curing *kapha*, *medā* disorders, *śiraha śūla*, *gulma* and *antaravidradhi*.

(Cakradatt)

वरुणाद्यं तैलम्–

त्वक्पत्रपुष्पमूलस्य वरुणात् सत्रिकण्टकात् । कषायेण पचेत्तैलं वस्तिनाऽऽस्थापनेन च ।।६८।।
शर्कराऽश्मरिशूलघ्नं मूत्रकृच्छ्रविनाशनम् ।।६९।।

68-69. Varuṇādya Tailam:

Ingredients: Bark, leaves, flowers, root of *varuṇa*, *gokṣura*, water and *mūrcchita* sesame oil.

Process of Drug-Making: Take equal parts of bark, leaves, flowers and root of *varuṇa* and *gokṣura*. Combine them together and thus obtain 4 kg. of it. Thickly pulverize the compound. Decoct this compound with water measuring 32 litre till the original quantity is reduced to one fourth. Sieve the decoction and add to it *mūrcchita* sesame oil measuring 1 litre. Methodologically cook this preparation to obtain medicinal oil.

Method of use/Administration: This oil is to be used for *āsthāpana basti*.

Therapeutic benefits: It gives relief from *śarkara*, *aśmarī*, and associated pain and other *mūtrakṛicchra* disorders.

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अश्मरीरोगे पथ्यानि–

बस्तिवि रेको वमनं च लङ्घनं स्वेदोऽवगाहोऽपि च वारिसेवनम् ।
यवाः कुलत्थाः प्रपुराणशालयोमद्यानि धन्वाण्डजसंभवा रसाः ।।७०।।
पुराणकूष्माण्डफलं च तल्लतागोकण्टको वारुणशाकमार्द्रकम् ।
पाषाणभेदो यवशूकरेणवःस्थिराः समाकर्षणमश्मनामपि ।
एतानि सर्वाणि भवन्ति सर्वदा मुदेऽश्मरीरोगनिपीडितानाम् ।।७१।।

70-71. The following measures and products are considered to be beneficial for the patients suffering from *aśmarī*: *basti karma*, *virecana*, *vamana*, *langhaṇa*, sweating, playing in water, drinking water, *yava* (barley), *kulattha*, old variety of *śāli* rice, *madira* (liquor), egg of birds living around deserts, old fruit and leaves of the plant *kuṣmāṇḍa*, *gokṣura*, leaves of *varuṇa*, ginger, *pāṣāṇabheda*, *yavakṣāra*, *reṇukā*, *śālaparṇī* and removing out stones with help of tools (*yañtra*).

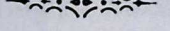
अपथ्यानि–

मूत्रस्य शुक्रस्य च वेगमम्लं विष्टम्भि रूक्षं गुरु चान्नपानम् ।
विरुद्धमन्नाशनमश्मरीमान् विवर्जयेत् संततमप्रमत्तः ।।७२।।

72. The patient of *aśmarī* should avoid holding the force of urine and semen. He should also avoid citrus, constipating, sour and heavy to digest eatables and drinks.

इति भैषज्यरत्नावल्यामश्मरीचिकित्साप्रकरणम् ।।३६।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायामश्मरीचिकित्साप्रकरणम् ।।३६।।

End of the Chapter 36 of Bhaiṣajya Ratnāvalī with Commentary



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अथ प्रमेहचिकित्साप्रकरणम् ३७

Chapter 37
Prameha Roga

Note: *Prameha* signifies urinary disorders leading to the diabetes mellitus and related symptoms. It is also characterized by the passing of turbid urine in excessive quantity. Depending upon the causative factors, colour, constituency and quantity of urine etc., twenty types of *prameha* have been described.

प्रमेहे बृंहणादिविधिः–

स्थूलः प्रमेही बलवानिहैकः कृशस्तथाऽन्यः परिदुर्बलश्च ।
संबृंहणं तत्र कृशस्य कार्यं संशोधनं दोषबलाधिकस्य ।।१।।

1. The patient of *prameha* (i.e. urinary disorders including diabetes) can become either obese or lean. Therefore, for a lean *prameha* (i.e. urinary disorders including diabetes) patient, the treatment should contain medicines, which promote strength and body. Similarly, an obese *prameha* patient should be treated with *virecana* medications in order to lessen the increased *doṣas*. With the help of these medications, the treatment should be done on upward and downward body channels.

मेहेषु सन्तर्पणस्यैव प्राधान्यम्–

ऊर्ध्वं तथाऽधश्च मलेऽपनीते मेहेषु सन्तर्पणमेव कार्यम् ।
संशोधनं नार्हति यः प्रमेही तस्य क्रिया संशमनी विधेया ।।२।।

2. Perform *vamana* and *virecana* therapies on an obese and strong *prameha* patient to clean the absorbed waste products of the upward and downward body channels. Subsequently, the treatment should be progressed with *santarpaṇa* therapy. On the other hand, the patients who have become very weak and lean and cannot bear any of these therapies should be treated with *sanśamanī*therapy only.

प्रमेहे पथ्यानि–

ये विष्किराये प्रतुदा विहङ्गास्तेषां रसैर्जाङ्गलजैर्मनोज्ञैः ।
मन्थाः कषायारसचूर्णलेहा मसूरमुद्गा लघवश्च भक्ष्याः ।।३।।

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3. In *prameha*, the foodstuffs like *mantha*, sour, juice, powder and ointments made with meat soups of *viṣkira* (ones having habits of eating wasteful products) and *pratuda* (ones having long beaks) birds as well as of the wild animals is considered to be a good diet. In addition, lentil, *mudga* and similar light edibles are also recommended for a *prameha* patient.

अन्यच्च–

श्यामाककोद्रवोद्दालगोधूमचणकाढकी । जाङ्गलं तिक्तशाकञ्च यवान्नञ्च श्रमो मधु ।
कुलत्थाश्च हिता भोज्ये पुराणा मेहिनां सदा ।।४।।

4. Diet and Regimens: For the patient suffering from *prameha* food ingredients containing *śyāmaka*, *kodrava* and *uddālaka* variety of rice, *godhūma* (wheat), *caṇaka*, *ādhaki* and *kulattha* pulse beans which are stored for a long time after harvesting are always wholesome. He should take meat of *jāngala* animals (inhabiting arid land), vegetables having bitter taste, barley and honey. He should perform physical exercise.

(Cakradatt)

अन्यच्च–

रूक्षमुद्वर्त्तनं गाढं व्यायामो निशि जागरः । यच्चान्यच्छ्लेष्मपित्तघ्नं बहिरन्तश्च तद्धितम् ।।५।।

5. Purification of the body through such bitter herbs like *neem* and *haridrā* should be applied to the patient. He should also take up exercises and should remain awake upto late night hours. The herbs which controls *kapha* and *pitta* should be applied in massaging his body. Such external as well as internal measures would provide relief to the patient.

सर्वप्रमेहेषु सामान्यास्त्रयो योगाः–

सर्वमेहहरो धात्र्या रसः क्षौद्रनिशायुतः । कषायस्त्रिफलादारुमुस्तकैरथवा कृतः ।।६।।
त्रिफलादारुदार्व्यब्दक्वाथः क्षौद्रेण मेहहा । पीतो रसो गुडूच्या वा मधुना मेहनाशनः ।।७।।

6-7. There are three prescriptions, which can be used in cases of *prameha*. A. Obtain 25 ml. measure of juice of *āmalakī* and treat it with 2 gm. measure of *haridrā* powder and 10 gm. measure of honey. B. Take in equal parts *haraḍa*, *vibhītaka*, *āmalakī*, *devadāru* and *mustā*. Coarsely powder them and obtain 25 gm. measure of their mixture. Decoct the mixture in water measuring 400 ml. When the decoction is reduced to one eighth of the original amount, strain the liquid. Taking 50 ml. dose of this medicine, along with honey (25 gm.) cures all kinds of

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prameha diseases. C. Take in equal parts *haraḍa*, *vibhītaka*, *āmalakī*, *devadāru*, *dāru haridrā* and *mustā*. Coarsely powder them and obtain 25 gm. measure of their mixture. Decoct the mixture in water measuring 400 ml. When the decoction is reduced to one eighth of the original amount, strain the liquid. Taking 12 gm. dose of this medicine also cures all kinds of *prameha* diseases. D. Juice of *guḍūcī* (50 ml.) along with honey (25 gm.) is also useful for this purpose.

(Cakradatt)

अन्ये चत्वारो योगाः–

त्रिफलालौहशिलाजतुपथ्याचूर्णञ्चलीढमेकैकम् । मधुनाऽमरास्वरसइवसर्वान्मेहान्निवारयति ।।८।।

8. There are four other prescriptions for the disease *prameha*. A. Take 3 gm. measure of powder of *triphalā* herbs and consume it with honey (10 gm.). B. Take 125-250 mg. measure of *lauha bhasma* and take it with honey (5 gm.) in morning as well as in the evening. C. Take purified *śilājātu* in doses of 1 gm. Taking it in morning and evening cures *prameha*. D. Taking 3 gm. dose of *harītakī* powder along with honey (10 gm.) in morning and evening also cures the *prameha* disease.

(Cakradatt)

गूडूचीसत्त्वम् प्रमेहे–

लीढः सारो गुडूच्यास्तु मधुना तत्प्रमेहनुत् ।।९।।

9. Taking a dose of the 500 mg. to 1 gm. of *guḍūcī* abstracts with honey in morning and evening cures all kinds of *prameha*.

शतावरीस्वरसः–

शतावर्या रसं नीत्वाक्षीरेण सह यः पिबेत् । प्रमेहा विंशतिस्तस्य क्षयं यान्ति न संशयः ।।१०।।

10. Taking 25 ml. measure of *śatāvarī* juice mix 50 ml. of cow milk. This preparation cures all the 20 types of *prameha*.

शुक्रमेहहरो योगः–

आमदुग्धं समजलं यः पिबेत्प्रातरुत्थितः । निःसंशयं शुक्रमेहः पुराणस्तस्य नश्यति ।।११।।

11. Mix nature warm cow milk and equal quantity (i.e. 100 ml. each) of water together and drink it every morning. It cures chronic *śukrameha*. This preparation

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is also helpful in curing burning sensation as well as in *pūya meha*. (In *śukrameha* patient passes semen during urination while in the case of *pūya meha*, he passes pus along with the urine).

पलाशपुष्पप्रयोगः प्रमेहे–

पलाशपुष्पं तोलैकं सितायाश्चार्द्धतोलकम् । पिष्टं शीताम्भसा पीतं मेहं हन्ति न संशयः ।।१२।।

12. Take 12 gm. measure of *palāśa* flowers and compound them on a stone slab along with 6 gm. measure of jaggery. Prepare a syrup out of the preparation and consume it to treat all kinds of *meha*. This prescription is also helpful in *mūtrakṛicchra*, *mūtradāha* and *pūyameha*.

स्फटिकाचूर्णम् प्रमेहे–

स्फाटिकं चूर्णमादाय नारिकेलोदरे क्षिपेत् । तत्फलं पङ्कमध्ये तु स्थापयेदेकरात्रकम् ।।१३।।
प्रातरानीय सजलं चूर्णं पेयं प्रयत्नतः । अनेन चिरकालीनो मेहो नश्यति निश्चितम् ।।१४।।

13-14. Take 500 mg. measure of purified alum powder and place it inside a coconut. Keep this coconut in wet mud for overnight. Next morning remove out the coconut water thus treated and consume this preparation. It relieves one from chronic *meha* (gleet gonorrhoea).

प्रमेहे व्यायामनिर्देशादिः–

व्यायामजातमखिलं भजन् मेहान् व्यपोहति । पादत्रच्छत्ररहितो भिक्षाशी मुनिवद्यतः ।।१५।।
योजनानां शतं गच्छेदधिकं वा निरन्तरम् । मेहाञ्जेतुं वने वाऽपि नीवारामलकाशनः ।।१६।।

15-16. All types of exercises cure *prameha*. The patient should continuously walk for one hundred *yojanas* without using shoes and umbrella, and by begging for his food like a saint. Optionally, he should reside in a forest by eating *nīvāra* and *āmalakī* which will make him free from the disease.

(Cakradatt)

फलत्रिकादिः–

फलत्रिकं दारुनिशां विशालां मुस्तां च निक्वाथ्य निशांशकल्कम् ।
पिबेत्कषायं मधुसंप्रयुक्तं सर्वप्रमेहेषु समुच्छ्रितेषुं ।।१७।।

17. In all serious types of *prameha*, the patient should take the decoction of *triphalā*, *dāru niśā*, *viśālā* and *mustā* (25 gm. in combination) prepared in water

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measuring 400 ml. and reduced to one eighth, by adding the *kalka* of *niśā* (1 gm.) and honey (10 gm.) to it.

(Cakradatt)

मुस्तादिक्वाथः–

मुस्ताफलत्रिकनिशासुरदारुमूर्वा–एन्द्री च लोध्रसलिलेन कृतः कषायः ।
पाने हितः सकलभेहभवे गदे च । मूत्रग्रहेषु सकलेषु नियोजनीयः ।।१८।।

18. Mustādi Kvātha:

Ingredients: *Mustā*, *haraḍa*, *vibhītakī*, *āmalakī*, *haridrā*, *devadāru*, *mūrvā* roots, *indravāruṇī*, *lodhra* and water.

Process of Drug-Making: Take in equal parts *mustā*, *haraḍa*, *vibhītakī*, *āmalakī*, *haridrā*, *devadāru*, *mūrvā* roots, *indravāruṇī* and *lodhra*. Raise 25 gm. measure of their combination and decoct them together in water measuring 400 ml. Boil down the preparation till it is reduced to one eighth of the original quantity. Strain the liquid.

Therapeutic benefits: Use it in treatment of *prameha* and *mūtrakṛicchra*.

विडङ्गादिक्वाथः–

विडङ्गसर्जार्जुन् कट्फलानां कदम्बलोध्राशनवृक्षकाणाम् ।
जलेन क्वाथश्च हितो नाराणां कफप्रमेहेण सदाऽऽतुराणाम् ।।१९।।

19. Viḍangādi Kvātha:

Ingredients: *Vāyaviḍanga*, *arjuna* bark, bark of *sarja*, *katphala*, bark of *kadamba* plant, bark of *lodhra* plant and bark of *asana* plant.

Process of Drug-Making: This is a decoction-based formula. Take all the above ingredients in equal parts. Raise 25 gm. measure of their combination and decoct them together in water measuring 400 ml. Boil down the preparation till it is reduced to one eighth of the original quantity. Strain the liquid.

Method of use/Administration: This decoction is to be taken with honey.

Therapeutic benefits: It checks all kinds of *prameha*.

दशविधश्लेष्मजप्रमेहे योगाः (भा. प्र.)–

हरीतकीकट्फलमुस्तलोध्राः पाठाविडङ्गार्जुनधन्वनाश्च ।
उभे हरिद्रे तगरं विडङ्गंकदम्बशालार्जुनदीप्यकाश्च ।।२०।।

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दार्वी विडङ्गः खदिरो धवश्च सुराह्वकुष्ठागुरुचन्दनानि ।
दार्व्यग्निमन्थौ त्रिफला वचा च पाठा च मूर्वा च तथा श्वदंष्ट्रा ।।२१।।
वचाह्युशीराण्भया गुडूची वृषं शिवाचित्रकसप्तपर्णाः ।
पादैः कषायाः कफमेहिनां ते दशोपदिष्टा मधुसम्प्रयुक्ताः ।।२२।।

20-22. This is a combination of 10 prescriptions for the disease *prameha*:

A. Obtain *haraḍa*, *kaṭphala*, *mustā* and *lodhra* (all in equal parts). Take all the above ingredients in equal parts. Raise 25 gm. measure of their combination and decoct them together in water measuring 400 ml. Boil down the preparation till it is reduced to one eighth of the original quantity. Strain the liquid. Take it along with 10 gm. of honey. It checks *udakmeha*.

B. Obtain *pāṭhā*, *vāya viḍanga*, *arjuna* (barks) and *yavāsā* (all in equal parts). Decoct them properly as suggested above. Consume this decoction along with honey. It cures *ikṣumeha*.

C. Coarsely powder equal amounts of *haridrā*, *dāru haridrā*, *tagara* and *viḍanga*. Decoct them as suggested above and take the preparation with honey. It cures *sāndrameha*.

D. Coarsely powder equal amounts of *kadamba* (its bark or flowers), *sarja* (barks), *arjuna* (barks) and *yamānī*. Decoct them as suggested above and take the preparation with honey. It cures *surāmeha*.

E. Coarsely powder equal amounts of *dāru haridrā*, *vāyaviḍanga*, *khadira* (bark) and *dhāva* (bark). Decoct them as suggested above and take the preparation with honey. It cures *piṣṭameha*.

F. Coarsely powder equal amounts of *devadāru*, *kuṣṭha*, *agara* and *rakta candana*. Decoct them as suggested above and take the preparation with honey. It cures *śukrameha*.

G. Coarsely powder equal amounts of *dāru haridrā*, *araṇī* (its barks), *triphalā* herbs and *vacā*. Decoct them as suggested above and take the preparation with honey. It cures *siktāmeha*.

H. Coarsely powder equal amounts of *pāṭhā*, *mūrvā* (roots) and *gokṣura*. Decoct them as suggested above and take the preparation with honey. It cures *śītameha*.

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I. Coarsely powder equal amounts of *vacā*, *uśīra*, *haraḍa* and *guḍūcī*. Decoct them as suggested above and take the preparation with honey. It cures *śanaimeha* (slow and obstructed flow of the urine).

J. Coarsely powder equal amounts of *aḍuṣā*, *harītakī*, *cīraka* (barks) and *saptaparṇa* (barks). Decoct them as suggested above and take the preparation with honey. It cures *lālāmeha*.

All the above 10 decoctions are to be taken with honey. They cure ten types of *prameha* caused due to vitiation of *kapha*.

(*Bhāvaprakāśa*)

कफप्रमेहे चत्वारः क्वाथाः (च. द.)–

लोध्राभयाकट्फलमुस्तकानांविडङ्गपाठार्जुनधन्वनानाम् ।
कदम्बशालार्जुनदीप्यकानांविडङ्गधात्रीबहुशल्यकानाम् ।।२३।।
चत्वार एते मधुना कषायाः कफप्रमेहेषु निषेवणीयाः ।।२४।।

23-24. Intake of the four decoctions (prepared as suggested above) of either 1. *lodhra*, *abhayā*, *kaṭphala* and *mustā* or 2. *viḍanga*, *pāṭhā*, *arjuna* and *dhanvāna* or 3. *kadamba*, *śāla*, *arjuna* and *dīpyaka* or 4. *viḍanga*, *dhātrī*, *dhāva* and *śalyaka* along with honey cures *kaphaja* varieties of *prameha*.

(Cakradatt)

पित्तप्रमेहे षट् क्वाथाः (भा. प्र.)–

उशीरलोध्रार्जुनचन्दनानामुशीरमुस्तामलकाभयानाम् ।
पटोलनिम्बामलकामृतानांमुस्ताभयापुष्करवृक्षकाणाम् ।।२५।।
लोध्राम्बुकालीयकधातकीनांविश्वार्जुनैलाशिरिषोत्पलानाम् ।
पैत्तेषु मेहेषु दशोपदिष्टाकषाययोगो मधुसम्प्रयुक्ताः ।।२६।।

25-26. This is a combination of six prescriptions (each involving decoctions prepared as suggested above). A. Decoction of *uśīra*, *lodhra*, *arjuna* (bark) and *rakta candana* eliminates *kṣārameha*. B. Decoction of *uśīra*, *mustā*, *āmalakī* and *haraḍa* eliminates *nīlmeha*. C. Decoction of *paṭola patra*, *nimba* (barks), *āmalakī* and *guḍūcī* eliminates *kālmeha*. D. Decoction of *mustā*, *haraḍa*, *puṣkaramūla* and *vṛikṣaka* (white variety of *kuṭaja* tree) (use its barks) eliminates *haridrā meha*. E. Decoction of *lodhra*, *netrabālā*, *dāruharidrā* and *dhātakī* flowers eliminates *manjiṣṭhā meha*. F. Decoction of dried ginger, *arjuna* (bark), smaller cardamom, *śirīṣa* (barks) and *nīlakamala* eliminates *raktameha*. All the above six decoctions

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are to be taken along with honey. They cure all the six types of *prameha* caused due to vitiation of *pitta*.

(*Bhāvaprakāśa*)

पित्तप्रमेहे चत्वारःक्वाथाः (च. द.)–

लोध्रार्जुनोशीरकुचन्दनानामरिष्टसेव्यामलकाभयानाम् ।
धात्र्यर्जुनारिष्टकवत्सकानां नीलोत्पलानां तिनिशार्जुनानाम् ।।२७।।
चत्वार एते विहिताः कषायाःपित्तप्रमेहे मधुसंप्रयुक्ताः ।।२८।।

27-28. This is a combination of four prescriptions (each involving decoctions prepared as suggested above). A. Decoction of *lodhra*, *arjuna* (barks), *uśīra* and *kucandana* (heartwood) eliminates *pitta prameha*. B. Decoction of *neem* bark, *uśīra*, *āmalakī* and *haraḍa* eliminates *paittika prameha*. C. Decoction of *āmalakī*, *arjuna* bark, *neem* bark and *kuṭaja* bark eliminates *paittika prameha*. D. Decoction of *nīlotpala*, *tiniśa* and *arjuna* bark eliminates *paittika prameha*. All the above four decoctions should be taken separately with honey. They cure all kinds of *prameha* caused due to vitiation of *pitta*.

(Cakradatt)

दूर्वादिक्वाथः शुक्रमेहघ्नः (च. द.)–

दूर्वाकशेरुपूतीककुम्भीकप्लवशैवलम् । जलेन क्वथितं पीतं शुक्रमेहहरं परम् ।।२९।।

29. Dūrvādi Kvātha:

The decoction of *dūrvā*, *kaṣeru*, *pūtikā*, *kumbhīka*, and *śaivāla* is an excellent recipe for the cure of *śukra meha* (Spermatorrhea).

Take these ingredients in equal parts and raise 25 gm. of their coarsely powdered compound. Decoct it in water measuring 400 ml. till it is reduced to one eighth. Strain and use the liquid.

(Cakradatt)

त्रिफलादिक्वाथः फेनप्रमेहघ्नः (च. द.)–

त्रिफलाऽऽरग्वधद्राक्षाकषायो मधुसंयुतः । पीतो निहन्ति फेनाख्यं प्रमेहं नियतं नृणाम् ।।३०।।

30. Tṛiphalādi Kvātha:

Intake of the decoction of *tṛiphalā*, *āragvadha* and *drākṣā* along with honey cures *prameha* among human beings.

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Take these ingredients in equal parts and raise 25 gm. of their coarsely powdered compound. Decoct it in water measuring 400 ml. till it is reduced to one eighth. Strain and use the liquid.

(Cakradatt)

सर्पिर्मेहघ्नं योगद्वयम (व. से.)–

छिन्नावह्निकषायं वा पाठाकुटजरामठम् । तिक्ताकुष्ठं च संचूर्ण्य सर्पिर्मेही पिबेन्नरः ।।३१।।

31. Intake of the decoction of the *gūḍūcī* and *citraka*

Take these ingredients in equal parts and raise 25 gm. of their coarsely powdered compound. Decoct it in water measuring 400 ml. till it is reduced to one eighth. Strain and use the liquid.

Optionally, one could take equal parts of the powders of *pāṭhā*, *kuṭaja*, asafoetida, *kuṭakī* and *kuṣṭha* cure *sarpimeha*. Dosage: 3 gm. along with water.

(Vangasen)

सर्जादिक्वाथः–

सर्जार्जुनत्वग्धववल्कलानि सशल्लकीलोहितचन्दनानि ।
हितो हि निर्यूह उदीरितो बुधै र्जलप्रमेहे विहितो यथाविधि ।।३२।।

32.Sarjādi Kvātha:

Ingredients: Barks of *sarja*, *arjuna*, *dhāva*, *śallakī* trees, *rakta candana* and water.

Process of Drug-Making: This is a decoction-based formula. Take these ingredients in equal parts and raise 25 gm. of their coarsely powdered compound. Decoct it in water measuring 400 ml. till it is reduced to one eighth. Strain and use the liquid.

Method of use/Administration: Drink the decoction along with honey.

Therapeutic benefits: It cures *udakameha*.

लोहितचन्दनादिक्षीरम्–

लोहितमेहंलोहितचन्दनमधुकंचसद्राक्षम्।क्वथितंपयःपयोऽपित्वरितंहरतिप्रसाधितं सविधि ।।३३।।

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33. Lohitcandanādi Kṣīram:

Take red sandalwood, *madhuka* and *drākṣā* in equal parts and raise 200 gm. of their coarsely powdered compound. Decoct it in water measuring 1600 ml. till it is reduced to one fourth. Strain and use the liquid.

This preparation is to be taken along with milk to check *rakta prameha*.

मञ्जिष्ठादिक्वाथः–

मञ्जिष्ठा शाल्मलीमूलत्वग् मूर्वा कुशकाशजम् । दन्तीजमपि मूलं स्यात् सदूर्वा क्वथितं समम् ।
शुक्ररक्तभवौ मेहौ हन्त्येतल्लघु शीलितम् ।।३४।।

34. Manjiṣṭhādi Kvātha:

Ingredients: *Manjiṣṭhā*, bark of *śālmali's* root, *mūrvā*, roots of *kuśakāśa*, *dantī* and *mūrvā*.

Process of Drug-Making: Take these ingredients in equal parts and raise 25 gm. of their coarsely powdered compound. Decoct it in water measuring 400 ml. till it is reduced to one eighth. Strain and use the liquid.

Therapeutic benefits: This *Manjiṣṭhādi Kvātha* helps in checking *śukraprameha* and *rakta prameha*.

उदकमेहादावष्टौ क्वाथाः (च. द.)–

पारिजातजयानिम्बवह्निगायत्रिणां पृथक् । पाठायाः सागुरोः पीताद्वयस्य शारदस्य च ।।३५।।
जलेक्षुमद्यसिकताशनैर्लवणपिष्टकान् । सान्द्रमेहान् क्रमाद् घ्नन्ति क्वाथश्चाष्टौ समाक्षिकाः ।।३६।।

35-36. Eight types of decoctions prepared of 1. *pārijāta* 2. *jayā* 3, *nimba* 4. *vahni* 5. *gāyatrī* 6. *pāṭhā* 7. *aguru* and 8. *sarada*, when taken along with honey cures eight types of *prameha* viz. 1. *udaka meha*, 2. *ikṣu meha* 3. *surā meha*, 4. *siktā meha*, 5. *śanaira meha*, 6. *lavaṇa meha*, 7. *piṣṭa meha* and 8. *sāndra meha* respectively.

For all the prescriptions one should take the concerned ingredients in equal parts and raise 25 gm. of their coarsely powdered compound. Decoct it in water measuring 400 ml. till it is reduced to one eighth. Strain and use the liquid.

(Cakradatt)

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नीलादिपैत्तिकप्रमेहेषु पञ्च क्वाथा रक्तमेहजित्क्वाथश्च (च. द.)–

अश्वत्थाच्चतुरङ्गुलान्न्यग्रोधादेःफलत्रयात् । सजिङ्गीरक्तसाराच्चक्वाथाः पञ्च समाक्षिकाः ।।३७।।
नीलहारिद्रशुक्राख्यक्षारमाज्जिष्ठकाह्वयान् । मेहान् हन्युः क्रमादेते सक्षौद्रो रक्तमेहजित् ।।३८।।

37-38. Intake of the five decoction of 1. fruit of *aśvattha*, 2. fruit of *caturangula*, 3. fruit of *nyagrodha* tree, 4. *svarjikṣāra* and 5. *rakta sāra* along with honey cures five varieties of *prameha*, viz, 1. *nīla meha*, 2. *haridrā* meha, 3. *sukra* meha, 4. *kṣāra meha* and 5. *manjiṣṭhā meha*, respectively. Taken along with honey, these decoctions also cure *rakta meha*.

For all the prescriptions one should take the concerned ingredients in equal parts and raise 25 gm. of their coarsely powdered compound. Decoct it in water measuring 400 ml. till it is reduced to one eighth. Strain and use the liquid.

क्वाथः खर्जूरकाश्मर्यतिन्दुकास्थ्यमृताकृतः ।।३९।।

38-39. Intake of the cooled decoction of *kharjūra*, *kāśmarya*, *tinduka* and *amṛitā* along with honey instantaneously cures *rakta meha*.

पाठादिक्वाथो हस्तिमेहे (च. द.)–

पाठाशिरीषदुःस्पर्शमूर्वाकिंशुकतिन्दुकम् । कपित्थानांभिषक् क्वाथं हस्तिमेहे प्रयोजयेत् ।।४०।।

40. Pāṭhādi Kvātha:

Take *pāṭhā*, *śirīṣa*, *duhsparśa*, *mūrvā*, *kimsuka*, *tinduka* and *kapittha* in equal parts and raise 25 gm. of their coarsely powdered compound. Decoct it in water measuring 400 ml. till it is reduced to one eighth. Strain and use the liquid.

It is useful in curing the cases of *hasti meha*.

(Cakradatt)

अग्निमन्थकषायो वसामेहे (च. द.)–

अग्निमन्थकषायन्तु वसामेहे प्रयोजयेत् ।।४१।।

41. Decoction of plant *agnimantha* eliminates the disease called *vasāmeha*.

(Cakradatt)

कदरादिकषायः क्षौद्रमेहे (च. द.)–

कदरखदिरपूगक्वाथं क्षौद्राह्वये पिबेत् ।।४२।।

42.Khadirādi Kaṣāya:

The decoction of *kadara*, *khadira* and *pūga* is useful in *ksaudra meha*.

(Cakradatt)

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त्रिफलादिक्वाथः सर्पिर्मेहे–

त्रिफला मूर्वामूलं शोभाञ्जननिम्बसंभवा त्वक् च । द्राक्षाशाल्मल्यारग्वध एतेषां कषाय आशु ।
परिशीलितोऽपि सर्पिर्मेहं सहसा निहन्त्येषः ।।४३।।

43. Triphalādi Kvātha:

Ingredients: *Haraḍa*, *vibhītaka*, *āmalakī*, *mūrvā* (root), bark of *śobhāñjana*'s root, *neem* bark, raisins, bark of *śālmali's* root and pulp of *āragvadha*.

Process of Drug-Making: Take equal parts of *haraḍa*, *vibhītaka*, *āmalakī*, *mūrvā* (root), bark of *śobhāñjana's* root, *neem* bark, raisins, bark of *śālmali's* root and pulp of *āragvadha*. Coarsely powder these ingredients and raise 25 gm. of their compound. Decoct it in water measuring 400 ml. till it is reduced to one eighth. Strain and use the liquid.

Method of use/Administration: Drink the same.

Therapeutic benefits: It gives relief from *Sarpī Prameha*.

एलादिचूर्णम्–

एलाऽश्मभेदचपलासहितं हितं स्याच्छुद्धं शिलाजतु रजो विहितं सदैषाम् ।
संसेवितं सविधि तण्डुलवारिणेदंप्रायः प्रमेहिहितकारितया प्रसिद्धम् ।।४४।।

44. Elādi Cūrṇam:

Ingredients: Powders of smaller cardamom, *pāṣāṇabheda*, *pippalī* and purified *śilājatu*.

Process of Drug-Making: Obtain equal parts of the powders each of smaller cardamom, *pāṣāṇabheda* and *pippalī* along with purified *śilājatu*. Properly combine and mix these materials. Store this mix in a glass jar.

Method of use/Administration: This powder is to be taken in doses of 1 gm. each during morning and evening hours with rice-washing (*taṇḍulodaka*).

Therapeutic benefits: This medicine helps in alleviating the *prameha* disease.

न्यग्रोधादिचूर्णम् (च. द.)–

न्यग्रोधोदुम्बराश्वत्थश्योणाकारग्वधासनम् । आम्रजम्बूकपित्थञ्च प्रियालं ककुभं धवम् ।।४५।।
मधूको मधुकं लोध्रं वरुणः पारिभद्रकम् । पटोलं मेषशृङ्गी च दन्ती चित्रकमाढकी ।।४६।।
करञ्जत्रिफलाशक्रभल्लातकफलानि च । एतानि समभागानि श्लक्ष्णचूर्णानि कारयेत् ।।४७।।
न्यग्रोधाद्यमिदं चूर्णं मधुना सह लेहयेत् । फलत्रयरसञ्चानु पिबेन्मूत्रं विशुद्ध्यति ।।४८।।

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एतेन विंशतिर्मेहा मूत्रकृच्छ्राणि यानि च । प्रशमं यान्ति योगेन पिडका न च जायते ।।
न्यग्रोधाद्यमिदं तंत्र चाम्रजम्वस्थि गृह्यते ।।४९।।

45-49. Nayagrodhādi Cūrṇam:

Ingredients: *Nyagrodha* (bark), *udumbara*, *aśvattha*, *śyoṇāka*, *āragvadha*, *asana*, *amra*, *jambū*, *kapittha*, *priyāla*, *kakubha*, *dhāva*, *madhuka*(barks), *madhuyaṣṭī*, *lodhra*, *varuṇa*, *pāribhadraka*, *paṭola*, *meṣaśṛīngī*, *dantī*, *citraka*, *ādhaki*, *karañja*, *triphalā* (each separately), *śakra* and fruits (nuts) of *bhallātaka*.

Process of Drug-Making: Take equal parts of the following: *nyagrodha* (bark), *udumbara*, *aśvattha*, *śyoṇāka*, *āragvadha*, *asana*, stones of the plants *amra* and *jambū*, *kapittha*, *priyāla*, *kakubha*, *dhāva*, *madhuka*(barks), *madhuyaṣṭī*, *lodhra*, *varuṇa*, *pāribhadraka*, *paṭola*, *meṣaśṛīngī*, *dantī citraka*, *ādhaki*, *karañja*, *triphalā* (each separately), *śakra* and fruits (nuts) of *bhallātaka*. Compound them together into a fine powder.

Method of use/Administration: Take this medicinal powder in doses of 3 gm. every day along with honey before taking meals. The intake of the medicine should be followed by a drink of *triphalā* decoction (10 ml.). This cleanses the urine.

Therapeutic benefits: It cures twenty types of *prameha* and dysuria. It prevents the occurrence of carbuncles as well.

(Cakradatt)

कुशावलेहः–

कुशःकाशोवीरणश्चकृष्णेक्षुःखगडस्तथा । एषां दशपलान् भागाञ् जलद्रोणे विपाचयेत् ।।५०।।
अष्टभागावशेषन्तु कषायभवतारयेत् । खण्डप्रस्थं समादाय लेहवत्साधु साधयेत् ।।५१।।
अवतार्य ततः पश्चाच्चूर्णानीमानि दापयेत् । मधुकं कर्कटीबीजं कर्कारुत्रपुषं तथा ।।५२।।
शुभामलकपत्राणि त्वगेलानागकेशरम् । वरुणोऽमृता प्रियङ्गुश्च प्रत्येकमक्षसम्मितम् ।।५३।।
प्रमेहान् विंशतिं हन्ति मूत्राघातांस्तथाऽश्मरीः ।।५४।।
वातिकान् पैत्तिकांश्चापि श्लैष्मिकान् सान्निपातिकान् ।।
हन्त्यरोचकमत्युग्रं बलपुष्टिकरं परम् ।।५५।।

50-55. Kuśāvaleha:

Ingredients: *Kuśa* (root), *kāśa* (root), *uśīra*, black sugarcane (root), *khagaḍa* (*rāmsara*) (root), water, jaggery (*khanḍa*), powders of *madhuyaṣṭī*, seed pulp of *karkaṭī*, seed pulp of *kuṣmāṇḍa*, seed pulp of cucumber, *vanśalocana*, *āmalakī*,

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cassia leaves, cinnamon bark, cardamom, *nāgakeśara*, *varuṇa* (bark), abstract of *guḍūcī* and *priyangu*.

Process of Drug-Making: Get 470 gm. each of *kuśa* (root), *kaś* (root), *uśīra*, black sugarcane (root) and *khagaḍa* (a kind of grass) (root). Coarsely powder these ingredients and decoct them together in water measuring 12 litre. Boil the preparation until its original quantity is reduced to one eighth. Strain the reduced decoction and add to it 750 gm. of jaggery (*khāṇḍa*) and cook the recipe into a syrup. When the preparation is ready, sprinkle 12 gm. each of the powders of *madhuyaṣṭī*, seed pulp of *karkaṭī*, seed pulp of *kuṣmāṇḍa*, seed pulp of cucumber, *vanśalocana*, *āmalakī*, cassia leaves, cinnamon bark, cardamom, *nāgakeśara*, *varuṇa* (bark), abstract of *guḍūcī* and *priyangu*. Stir the mix thoroughly with a baton. Allow the preparation to cool down to the atmospheric temparature. Collect the medicine in an earthen jar.

Method of use/Administration: This medicine is to be taken in doses of 6-12 gm. daily during morning and evening hours along with milk.

Therapeutic benefits: This medicine is capable of checking 20 types of *prameha*, 13 types of *mūtra ghāta*, four types of *aśmarī* and cases of severe anorexia. This medicine promotes the power of the reproductive organs.

(Cakradatt)

शालसारादिलेहः—

शालसारादिवर्गस्य क्वाथे तु घनतां गते । दन्तीलोध्रशिवाकान्तलौहताम्ररजः क्षिपेत् ।।
घनीभूतमदग्धञ्च प्राश्य मेहान् व्यपोहति ।।५६।।

56. Śālasārādi Leha:

Ingredients: *Bhasma* of *mākṣika* (copper pyrite), decoction of drugs belonging to *śālasārādi* group, powders of *dantī*, *lodhra*, *kānta lauha bhasma* and *tāmra bhasma*.

Process of Drug-Making: Prepare a decoction of herbs belonging to *śālasārādi* group (130 gm. each of the 24 herbs). When it becomes semi-solid, add to it 12 gm. measure each of the powders of *dantī*, *lodhra*, *kānta lauha bhasma* and *tāmra bhasma*. Cook the preparation until it becomes thicker. See that it does not get burnt.

Method of use/Administration: Take this medicine in doses of 2-4 gm. each in morning as well as in evening.

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Therapeutic benefits: Intake of this medicinal confection cures different varieties of *prameha*.

(Cakradatt)

वङ्गावलेहः (र. सा. सं.)–

वङ्गभस्म द्विवल्लं च लेहयेन्मधुना सह । ततो गुडसमं गन्धं भक्षयेत्कर्षमात्रकम् ।।५७।।
गुडूचीसत्त्वमथवा शर्करासहितं तथा । सर्वमेहहरो ज्ञेयो वङ्गावलेह उत्तमः ।।५८।।

57-58. Vangāvaleha:

Lick 750 mg. of *vanga bhasma* along with honey (10 gm.) and subsequently consume equal parts (6 gm.) of old jaggery and purified *gandhaka* measuring 6 gm. or taking sugar (3 gm.) with abstract of *guḍūcī* (1 gm.) helps in relieving the disease of *prameha*. This is known as '*Vangavaleha*'.

Dosage: 3 gm.

Note: This medicine is beneficial in *śukrameha* and *svapnameha* cases. It also purifies and thickens the semen.

(*Rasendra Sār Sangraha*)

शिलाजतुप्रयोगः–

शालसारादितोयेन भावितं यच्छिलाजतु । पिबेत्तेनैव संशुद्धदेहः पिष्टं यथा बलम् ।।५९।।
जाङ्गलानांरसैः सार्द्धं तस्मिञ् जीण-च भोजनम् । कुर्यादेव तुलां यावदुपयुञ्जीत मानवः ।।६०।।
मधुमेहं विहायासौ शर्करामश्मरी तथा । वपुर्वर्णबलोपेतः शतं जीवत्यनामयः ।।६१।।

59-61. *Śilājātu* (an exudates from stone) should be impregnated with decoction of drugs belonging to *śālasārādi* group. The patient, who has got his body cleansed through the *pañcakarma*, should take the processed *śilājātu* in doses of 500 mg. along with honey. After that he should take as *anupāna* the decoction of drugs belonging to *śālasārādi* group. After the medicine is digested, he should take food along with the soup of the meat of animals inhabiting arid land. In total, up to 12 gm. of *śilājātu* should be administered to him. This cures *madhu meha*, *prameha* (i.e. urinary disorders including diabetes mellitus), *śarkara* (gravel urea) and *aśmarī* (stone in the urinary tract). The patient being free of these diseases live for one hundred years with complexion and strength of the body.

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स्वर्णमाक्षिकप्रयोगः–

माक्षिकं धातुमप्येवं युञ्ज्यादस्याप्यं गुणः ।।६२।।

62. The *bhasma* of *mākṣika* (copper pyrite) should be processed through *bhāvanā* method with the decoction of drugs belonging to *śālasārādi gaṇa*. This drug should be taken along with honey. This is another recipe to cure *madhu meha* and related ailments.

मेहकालानलो रसः–

भस्मसूतं मृतं वङ्गं तुल्यं क्षौद्रेण मर्दयेत् । द्विगुञ्जं भक्षयेन्नित्यं मेहं हन्ति चिरोत्थितम् ।।६३।।
गुञ्जामूलं पिबेच्चानु क्षौद्रैरेवं प्रशाम्यति ।।६४।।

63-64. Mehakalanala Rasa:

Ingredients: *Rasa sindūra*, *vanga bhasma*, honey and water.

Process of Drug-Making: Obtain 12 gm. each of *rasa sindūra* and *vanga bhasma*. Ground these materials into a fine powder. Triturate this mix with a solution having 60 gm. measure of honey and 60 gm. measure of water. Subsequently, saturate and dry this mix and store it in a glass jar.

Also take 2 gm. measure of *guñjā's* root and decoct it in water measuring 32 gm. When the preparation is reduced to a quarter, strain the decoction.

Method of use/Administration: This medicine is to be taken in doses of 250 mg. each daily. One should drink decoction of *guñjā*'s root measuring 6 gm. along with milk (3 ml.) as *anupāna*.

Therapeutic benefits: In this method, consuming *Mehakālānala Rasa* would help in relieving even the chronic *prameha* disease.

पञ्चाननरसः

सूतं गन्धं मृतं लौहं मृतमभ्रं समांशिकम् । सर्वेषां द्विगुणं वङ्गं मधुना मर्दयेद्दिनम् ।।६५।।
भक्षयेत्प्रातरुत्थाय शीततोयं पिबेदनु । प्रमेहान् विंशति हन्ति मूत्राघातं तथाऽश्मरीम् ।
मूत्रकृच्छ्रं हरेदुग्रमयं पञ्चाननो रसः ।।६६।।

65-66. Pañcānana Rasa:

Ingredients: *Bhasma* of *pārada*, purified *gandhaka*, *lauha bhasma*, *abhraka bhasma*, *vanga bhasma* and honey.

Process of Drug-Making: Take 10 gm, each of *bhasma* of *pārada*, purified *gandhaka*, *lauha bhasma* and *abhraka bhasma* along with 80 gm. of *vanga*

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bhasma. Combine them together and triturate the combination along with honey. Make pills measuring 250 mg. and dry them.

Method of use/Administration: This medicine is to be taken in doses of one to three pills as per the strength and age of the user.

Therapeutic benefits: This powerful recipe is called *Pañcānana Rasa*. It cures *prameha*, *mūtra ghāta*, *aśmarī* and severe cases of *mūtrakṛicchra*.

चन्द्रकला गुडिका–

एला सकर्पूरशिला सधात्रीजातीफलं केशरशाल्मली च ।
सूताभ्रवङ्गायसभस्म सर्वमेतत्समानं परिभावयेत्तु ।।६७।।
गुडूचिकाशाल्मलिकाकषायैर्निष्कार्द्धमानां मधुना ततश्च ।
बद्ध्वा गुडीं चन्द्रकलेतिसंज्ञांमेहेषु सर्वेषु नियोजयेच्च ।।६८।।

67-68. Candrakalā Guḍikā:

Ingredients: *Elā*, *karpūra*, sugar, *dhātrī*, *jātīphala*, *gokṣura*, bark of *śālmali*, *pārada bhasma*, *abhraka bhasma*, *lauha bhasma*, juice or decoction of *guḍūcī* and decoction of *śālmalī* roots.

Process of Drug-Making: Take equal parts of *elā*, *karpūra*, sugar, *dhātrī*, *jātīphala*, *gokṣura*, bark of *śālmali*, *pārada bhasma*, *abhraka bhasma* and *lauha bhasma*. Triturate them together through *bhāvanā* method along with the juice or decoction of *guḍūcī* as well as decoction of *śālmalī* roots for seven consecutive times each. Make pills measuring 500 mg. and dry them.

Therapeutic benefits: This medicine called *Candrakalā Guḍikā* should be used to check all types of *prameha*.

मेहमुद्गरवटिका–

रसाञ्जनं बिडं दारु बिल्वगोक्षुरदाडिमम् । भूनिम्बं पिप्पलीमूलं त्रिकण्टं त्रिफला त्रिवृत् ।।६९।।
प्रत्येकं तोलकं देयं लौहचूर्णन्तु तत्समम् । पलैकं गुग्गुलुं दत्त्वा घृतेन वटिकां कुरु ।।७०।।
प्रमेहान्विंशतिहन्तिसाध्यासाध्यमथापि वा । मूत्रकृच्छ्रं तथा पाण्डुं धातुस्थञ्च ज्वरं जयेत् ।।७१।।
हलीमकं रक्तपित्तं वातपित्तकफोद्भवम् । ग्रहणीमामदोषञ्च मन्दाग्नित्वमरोचकम् ।
एतान् सर्वान्निहन्त्याशु वृक्षमिन्द्राशनिर्यथा ।।७२।।

69-72. Mehamudgaravaṭikā:

Ingredients: *Rasāñjana*, *viḍa lavaṇa*, *devadāru*, ripe *bilva* fruit, *gokṣura*, pomegranate seeds, *kirātatikta*, *pippalīmūla*, dried ginger, *marica*, *pippalī*,

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haraḍa, *vibhītaka*, *āmalakī*, *niśotha*, *lauha bhasma*, purified *guggulu* and decoction of *triphalā*.

Process of Drug-Making: Take powders measuring 12 gm. each of the *rasāñjana*, *viḍa lavaṇa*, *devadāru*,pulp of a ripe *bilva* fruit, *gokṣura*, pomegranate seeds, *kirātatikta*, *pippalīmūla*, dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī* and *niśotha*. In addition, take *lauha bhasma* equivalent to the combined weight of all the materials (i.e. 132 gm.) along with 46 gm. measure of purified *guggulu*. Combine all these materials, except *guggulu*, in a mortar and dissolve *guggulu* in the decoction of *triphalā*. Now, combine all the materials together and triturate them thoroughly. Prepare pills measuring 1 gm. each and dry them. Store them in a glass bottle.

Therapeutic benefits: This *Mehamudgara Vaṭikā* cures 20 types of curable and incurable *pramehas*, *mūtrakṛicchra*, anemia, fever (of the *dhātugat* variety), *halīmaka*, *rakta pitta*, vitiated *vāta*, *pitta* as well as the *kapha*, *sangrahaṇī*, indigestion, loss of appetite, anorexia and the like. It removes the diseases as effectively as the *vajra* of Indra eliminates the trees.

(*Rasendra Cintāmani*)

शुक्रमातृका वटी–

गोक्षुरबीजं त्रिफला पत्रमेला रसाञ्जनम् । धान्यकं चविका जीरं तालीशं टङ्कदाडिमौ ।।७३।।
प्रत्येकार्द्धपलं दत्त्वा गुग्गुलोः कर्षमेव च । रसाभ्रगन्धलौहानां प्रत्येकञ्च पलं क्षिपेत् ।।७४।।
सर्वमेकीकृतं वैद्यो दण्डयोगेन मर्दयेत् । घृतभाण्डे तु संस्थाप्य माषमेकं तु भक्षयेत् ।।७५।।
अनुपानं प्रदातव्यं जातिभेदात् पृथक्-पृथक् । दाडिमस्य रसेनैव छागीदुग्धेन वाऽम्भसा ।।७६।।
प्रमेहान् विंशतिं हन्ति वातपित्तकफोद्भवान् । द्वन्द्वजान् सन्निपातोत्थान् मूत्रकृच्छ्राश्मरीगदान् ।।
वलवर्णाग्निजननी ज्वरदोषनिसूदनी । चन्द्रनाथेन गदिता वटिका शुक्रमातृका ।।७८।।

73-78. Śukramātṛika Vaṭī:

Ingredients: *Gokṣura* (seeds), *triphalā* herbs, cassia leaves, smaller cardamom, *rasāñjana*, coriander seeds, *cavya*, white cumin seeds, *tāliśapatra*, purified borax, seeds of pomegranate, *guggulu*, purified *pārada*, *abhraka bhasma*, purified *gandhaka* and *lauha bhasma*.

Process of Drug-Making: Obtain 23 gm. measure each of *gokṣura* (seeds), *triphalā* herbs, cassia leaves, smaller cardamom, *rasāñjana*, coriander seeds, *cavya*, white cumin seeds, *tāliśapatra*, purified borax and seeds of pomegranate. Also take 12 gm. measure of *guggulu* and 46 gm. measure each of purified

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pārada, *abhraka bhasma*, purified *gandhaka* and *lauha bhasma*. First, prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Triturate the preparation with decoction of pomegranate seeds (or with decoction of its bark). Finally, prepare pills of 250 mg. each.

Method of use/Administration: Four pills of this medicine should be taken in the morning while another four pills should be taken in the evening before meals. The doses are to be taken along with juice of pomegranate seeds and milk of goat or water.

Therapeutic benefits: It cures all 20 types of *prameha* caused due to vitiation of *vāta*, *pitta*, *śleṣma*, *sannipāta* and combination of any two vitiated *doṣas*. It also eliminates *mūtrakṛicchra*, *aśmarī* and fever. The medicine promotes beauty and strength of the patient. It has been propounded by a scholar named Chandranāth.

प्रमेहकुलान्तको रसः–

मृतं वङ्गं मृतञ्चाभ्रं शुद्धपारदगन्धकम् । भूनिम्बं पिप्पलीमूलं त्रिकटु त्रिफला त्रिवृत् ।।७९।।
रसाञ्जनं विडङ्गाब्दबिल्वगोक्षुरदाडिमम् । प्रत्येकं तोलकं ग्राह्यं शुद्धमश्मजतोः पलम् ।।८०।।
गोपालकर्कटीमूलस्वरसैर्वटिकां कुरु । प्रमेहान् विंशति हन्ति मूत्रकृच्छ्रं हलीमकम् ।।८१।।
अश्मरीं कामलां पाण्डुं मूत्राघातमरोचकम् । अनुपानं प्रयोक्तव्यं छागीदुग्धं पयोऽथवा ।।८२।।
धात्रीफलस्य निर्यासं क्वाथं कौलत्थजं पिबेत् ।।८३।।

79-83. Pramehakulāntaka Rasa:

Ingredients: *Vanga bhasma*, *abhraka bhasma*, purified *pārada*, purified *gandhaka*, *kirātatikta*, *pippalīmūla*, dried ginger, *marica*, *pippalī*, *triphalā* herbs, *trivṛit*, *rasāñjana*, *vāyaviḍanga*, *mustā*, seed pulp of *bilva* fruit, *gokṣura*, pomegranate seeds, *śilājatu*, decoction of *indrayava* roots and decoction of *triphalā* herbs.

Process of Drug-Making: Get 12 gm. measure of *vanga bhasma*, *abhraka bhasma*, purified *pārada*, purified *gandhaka*, *kirātatikta*, *pippalīmūla*, dried ginger, *marica*, *pippalī*, *triphalā* herbs, *trivṛit*, *rasāñjana*, *vāyaviḍanga*, *mustā*, seed pulp of *bilva* fruit, *gokṣura* and pomegranate seeds along with 46 gm. measure of *śilājatu*. First prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Process them together and triturate them with decoction of *indrayava* roots and decoction of *triphalā* herbs. Make pills out of the preparation in measure of 500 mg. each.

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Method of use/Administration: One pill each of this medicine is to be taken in morning as well as in evening along with goat's milk, lukewarm water, juice of *āmalakī* or decoction of *kulattha* (depending on the condition of vitiated *doṣa*).

Therapeutic benefits: Taking this medicine for some days cures one from 20 types of *prameha*, *mūtrakṛicchra*, *halīmaka*, *aśmarī*, *kāmalā*, *pāṇḍuroga*, *mūtra ghāta* and *aruci*.

वेदविद्या वटि–

पारदाभ्रककान्तानां नागभस्म समं समम् । दिनं ब्राह्मीरसैर्मर्द्यं बालुकायन्त्रगं पुनः ।।८४।।
उद्धृत्यचूर्णयेच्छलक्ष्णं जारिताभ्रं शिलाजतु । ताष्यं मण्डूरवैक्रान्तं काशीशं तुल्यमेव च ।।८५।।
सर्वं समं समं चूर्णं कल्पयेच्च ततः पुनः । मुस्तचन्दनपुन्नागनारिकेलस्य मूलकम् ।।८६।।
कपित्थरजनीदार्वीचूर्णं सर्वसमं भवेत् । जम्बीराणां द्रवैर्मर्द्यं द्वियामं वटकीकृतम् ।।८७।।
वेदविद्यावटी नाम्ना भक्षणात्सर्वमेहजित् । मधुधात्रीरसज्ञानु क्षौद्रैर्वाऽपि गुडूचिकाम् ।।८८।।

84-88. Vedavidyā Vaṭī:

Ingredients: Purified *pārada*, *kānta lauha bhasma*, *nāga bhasma*, juice of *brāhmī* or decoction, *abhraka bhasma*, purified *śilājatu*, *svarṇamākṣika bhasma*, *manḍūra bhasma*, *vaikrānta bhasma*, purified *kāśiś*, *mustā*, white sandalwood, *nāga puṣpa*, roots of coconut, *kapittha* (bark), *haridrā*, *dāru haridrā* and juice of *jambīra* lemon.

Process of Drug-Making: Take purified *pārada*, *kānta lauha bhasma* and *nāga bhasma* each measuring 50 gm. Triturate them together with juice of *brāhmī* or decoction of it for one whole day. Prepare small pills out of the compound. Keep them in a *śarāva saṁputa*. Place this *śarāva saṁputa* inside a *Bālukā Yañtra* and cook the medicine for 12 hours. When the preparation cools down to the atmospheric temperature, remove out the cooked medicine and powder it thoroughly. Mix to this powder, 50 gm. each of *abhraka bhasma*, purified *śilājatu*, *svarṇamākṣika bhasma*, *manḍūra bhasma*, *vaikrānta bhasma*, purified *kāśiś*, *mustā*, white sandalwood, *nāga puṣpa*, roots of coconut, *kapittha* (its bark), *haridrā* and *dāru haridrā*. Subsequently, triturate the preparation along with the juice of *jambīra* lemon for 3 hours. Make pills measuring 375 mg. each out of the preparation and dry them.

Method of use/Administration: It should be taken with honey and juice of *āmalakī* or with honey and abstracts of *guḍūcī*.

Therapeutic benefits: This medicine removes all types of *prameha*.

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वङ्गाष्टकम्–

रसं गन्धं मृतं लौहं मृतरूप्यञ्च खर्परम् । मृताभ्रकं मृतं ताम्रं सर्वतुल्यञ्च वङ्गकम् ।।८९।।
पुटेद् गजपुटे विद्वान् स्वाङ्गशीतं समुद्धरेत् । रक्तिद्वयप्रमाणेन मधुना लेहयेन्नरम् ।।९०।।
निशाचूर्णं क्षौद्रयुतं पिबेद्धात्रीरसं ह्यनु । वङ्गाष्टकमदिं ख्यातं महादेवप्रकाशितम् ।।९१।।
प्रमेहान् विंशातिं हन्ति आमदोषं विसूचिकाम् । विषमज्वरगुल्माशोंमूत्रातीसारपित्तजित् ।।९२।।
वीर्यवृद्धिं करोत्याशु सोमरोगनिबर्हणम् ।।९३।।

89-93. Vangāṣṭaka Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma*, *rajata bhasma*, *haritāla bhasma*, *abhraka bhasma*, *tāmra bhasma* and *vanga bhasma*.

Process of Drug-Making: Gather 12 gm. measure each of purified *pārada*, purified *gandhaka*, *lauha bhasma*, *rajata bhasma*, *haritāla bhasma*, *abhraka bhasma* and *tāmra bhasma* along with 84 gm. measure of *vanga bhasma*. First, prepare *kajjalī* out of *pārada* and *gandhaka* and mix the rest of the ingredients into it. Keep the medicine into a *śarāva saṁpuṭa* and cook it through *gaja puṭa* method. When the preparation cools down to the atmospheric temperature, remove out the cooked medicine and compound the same.

Method of use/Administration: This medicine is to be taken in doses of 250 mg. along with honey. The intake of medicine should be followed by intake of powder of *haridrā* (2 gm.) and honey (6 gm.) as well as juice of *āmalakī* (24 gm.).

Therapeutic benefits: This medicine has been prescribed by Mahādeva. It eliminates 20 types of *prameha*, *āmadoṣa*, *viṣūcīkā*, *viṣam jvara*, *gulma*, *arśa*, *bahumūtra* (polyurea), vitiated *pitta* and *somaroga*. It also promotes sexual power of the patient.

मेहवज्ररसः–

भस्मसूतंतथाकान्तलौहभस्मशिलाजतु । शुद्ध ताप्यं शिला व्योष त्रिफला बिल्वजीरकम् ।।९४।।
कपित्थं रजनीचूर्णं भृङ्गराजेन भावयेत् । त्रिशद्वारं विशोष्याथ लिह्याच्च मधना सह ।।९५।।
निष्कमात्रं हरेन्मेहान् मूत्रकृच्छ्र सुदारुणम् । महानिम्बस्य बीजञ्च षण्निष्कं पेषितञ्च यत् ।।९६।।
पलतण्डुलतोयेन घृतनिष्कद्वयेन च । एकीकृत्य पिबेच्चानु हन्ति मेहं चिरोत्थितम् ।।९७।।

94-97. Mehavajra Rasa:

Ingredients: *Rasa sindūra*, *kānta lauha bhasma*, *śilājatu*, *svarṇamākṣika bhasma*, purified *manahśilā*, dried ginger, *marica*, *pippalī*, *triphalā* herbs, dried pulp of *bilva* fruit, cumin seeds, *kapittha* (fruit), *haridrā* and juice of *bhṛingarāja*.

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Process of Drug-Making: Gather 12 gm. measure each of *rasa sindūra*, *kānta lauha bhasma*, *śilājatu*, *svarṇamākṣika bhasma*, purified *manahśilā*, dried ginger, *marica*, *pippalī*, *triphalā* herbs, dried pulp of *bilva* fruit, cumin seeds, *kapittha* (fruit) and *haridrā*. Triturate the compound with juice of *bhṛingarāja* for 30 consecutive times.

Method of use/Administration: The medicine should be taken in doses of 4 gm. along with honey. The intake of medicine should be followed by taking powder of *mahānimba* seeds (six *niṣka* = 24 gm.), rice-washing (*taṇḍulodaka*) (48 gm.) and *ghṛitam* (4 gm.).

Therapeutic benefits: Taking the medicine in this manner cures severe types of *mūtrakṛicchra* and chronic *prameha*.

(*Rasendra Sār Sangraha*)

चन्द्रप्रभा गुडिका (यो. र.)–

वेल्लव्योषफलत्रिकं त्रिलवणं द्विक्षारचव्यानलश्यामापिप्पलिमूलमुस्तकशटीमाक्षीकधातुत्वचः ।
षड्ग्रन्थामरदारुवारणकणाभूनिम्बदन्ती
निशापत्रैलाऽतिविषाःपिचुप्रतिमितालौहस्यकर्षाष्टकम्।।९८।।
त्वक्क्षीरी पलिका पुराद्दशपलान्यष्टौ शिलाजन्मनोमानात्कर्षसमा
कृतेति गुटिका संयोज्य सर्वं भिषक् ।
तत्रैव प्रतिवासरं सह घृतक्षौद्रेण लिह्यादिमांतक्रं मस्तु च गोघृतं मधुरसं पश्चात्पिबेन्मात्रया ।।९९।।
अर्शांसि प्रदरं ज्वरं च विषमं नाडीव्रणानश्मरींकृच्छ्र विद्रधिमग्निमान्द्यमुदरं पाण्डूवामयं कामलाम् ।
यक्ष्माणं सभगन्दरं सपिडिकागुल्मप्रमेहारुचीरेतोदोषमुरःक्षतंकफमरुत्पित्तार्त्तिमुग्रां जयेत् ।।१००।।
वृद्धं संजनयेद्युवानमसमौजस्कं बलं वर्द्धयेदेतस्यां न निषिद्धमन्नमसकृन्नाध्वागमो मैथुनम् ।
विख्याता गुडिकेयमञ्जिततरा चन्द्रप्रभा नामतः सान्द्रानन्दकरी तनोति च रुचिं चन्द्रेण तुल्यां तनौ ।।१०१।।

98-101. Candraprabhā Guḍikā:

Ingredients: *Vāyaviḍanga*, dried ginger, pepper, *marica*, *triphalā* herbs, rock salt, *suvarcala* salt, *viḍa* salt, *svarjikṣāra*, *yavakṣāra*, *cavya*, *citrakamūla*, *kṛiṣṇa śārivā*, *pippalīmūla*, *mustā*, *karcūra*, *svarṇamākṣika bhasma*, cinnamon bark, *vacā*, *devadāru*, *gajapippalī*, *bhūnimba*, *dantīmula*, *haridrā*, cassia leaves, cardamom, *ativiṣā*, *lauha bhasma*, *vanśalocana*, purified *guggulu* and *śilājatu*.

Process of Drug-Making: Collect 12 gm. measure each of *vāyaviḍanga*, dried ginger, pepper, *marica*, *triphalā* herbs, rock salt, *suvarcala* salt, *viḍa* salt, *svarjikṣāra*, *yavakṣāra*, *cavya*, *citrakamūla*, *kṛiṣṇa śārivā*, *pippalīmūla*, *mustā*,

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karcūra, *svarṇamākṣika bhasma*, cinnamon bark, *vacā*, *devadāru*, *gajapippalī*, *bhūnimba*, *dantīmula*, *haridrā*, cassia leaves, cardamom and *ativiṣā*. Also take 93 gm. measure of *lauha bhasma*, 46 gm. measure of *vanśalocana*, 470 gm. measure of purified *guggulu* and *śilājātu*measuring 375 gm. Combine all the above ingredients together and triturate them thoroughly. Make pills measuring 12 gm. each out of the preparation.

Method of use/Administration: These medicines should be taken along with cow *ghṛitam* and honey (in unequal parts). After taking this medicine, one should drink buttermilk, water of the curd, cow *ghṛitam*, sweet syrup and the like. There is no restriction on meals and drinks while taking this medication. One can even walk long distances and indulge in intercourse.

Therapeutic benefits: This medicine eliminates piles, *pradra*, *viṣam jvara*, *nāḍivraṇa*, *aśmarī*, *mūtrakṛicchra*, *vidradhi*, diminished appetite, problems related to gastro intestinal tract, anemia, jaundice, tuberculosis, *bhagandara*, *gulma*, *prameha*, *prameha pīḍaka*, anorexia, *śukradoṣa*, *urahakṣata*, *kāsa* (coughs) and problems related to *vāta* and *pitta*. This medicine can turn even an elderly into a youthful personality. It promotes the strength. This medicine is very famous. It equips the user with charms of the moon's rays.

(*Yoga Ratnākara*)

चन्द्रप्रभा वटिका–

चन्द्रप्रभावचामुस्ताभूनिम्बसुरदारवः । हरिद्राऽतिविषा दार्वी पिप्पलीमूलचित्रकम् ।।१०२।।
त्रिवृद्दन्तीपत्रकञ्च त्वगेला वंशलोचना । प्रत्येकं कर्षमात्राणि कुर्य्यादेतानि बुद्धिमान् ।।१०३।।
धान्यकंत्रिफला चव्यं विडङ्गं गजपिप्पली । सुवर्णमाक्षिकं व्योषं द्वौ क्षारौ लवणत्रयम् ।।१०४।।
एतानिटङ्कमात्राणिसंगृह्णीयात्पृथक् पृथक् । द्विकर्षं हतलौहं स्याच्चतुष्कर्षा सिता भवेत् ।।१०५।।
शिलाजत्वष्टकर्षंस्यादष्टौकर्षाश्चगुग्गुलोः । विधिना योजितैरेतैः कर्त्तव्या गुटिका शुभा ।।१०६।।
चन्द्रप्रभेति विख्याता सर्वरोगप्रणाशिनी । निहन्ति विंशति मेहान् कृच्छ्रमष्टविधं तथा ।।१०७।।
चतस्रश्चाश्मरीस्तद्वन्मूत्राघातांस्त्रयोदश । अण्डवृद्धिं पाण्डुरोगं कामलाञ्च हलीमकम् ।।१०८।।
कासं श्वासंतथाकुष्ठमग्निमान्द्यमरोचकम् । वातपित्तकफव्याधीन् बल्या वृष्या रसायनी ।।१०९।।
समाराध्यशिवंयस्मात्प्रयत्नाद्गुडिकामिमाम् । प्राप्तबांश्चन्द्रमायस्मात्तस्माच्चन्द्रप्रभास्मृता ।।११०।।

102-110. Candra Prabhā Vaṭikā:

Ingredients: *Candraprabhā*, *vacā*, *mustā*, *bhūnimba*, *devadāru*, *haridrā*, *ativiṣā*, *dārvī*, *pippalīmūla*, *citraka*, *niśotha*, *dantī* (roots), cassia leaves, cinnamon bark, *elā*, *vanśalocana*, *dhānyaka*, *triphalā* herbs, *cavya*, *vāyaviḍanga*,

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gajapippalī, *svarṇamākṣika bhasma*, *ṭrikaṭu* herbs, *svarjikṣāra*, *yavakṣāra*, rock salt, *suvarcala* salt, *viḍa* salt, *lauha bhasma*, sugar, purified *śilājatu*, purified *guggulu* and decoction of *ṭriphalā* herbs.

Process of Drug-Making: Take 12 gm. each of *candraprabhā*, *vacā*, *mustā*, *bhūnimba*, *devadāru*, *haridrā*, *ativiṣā*, *dārvī*, *pippalīmūla*, *citraka*, *niśotha*, *dantī* (roots), cassia leaves, cinnamon bark, *elā* and *vanśalocana*. Also take 3 gm. measure each of *dhānyaka*, *ṭriphalā* herbs, *cavya*, *vāyaviḍanga*, *gajapippalī*, *svarṇamākṣika bhasma*, *ṭrikaṭu* herbs, *svarjikṣāra*, *yavakṣāra*, rock salt, *suvarcala* salt and *viḍa* salt. Also take *lauha bhasma* (23 gm.), sugar (46 gm.), purified *śilājātu* and purified *guggulu* (each measuring 93 gm.) and compound them into powder. Dissolve this powder into decoction of *ṭriphalā* herbs. Combine all the ingredients together and thoroughly triturate them. Make pills measuring 500 mg. each and dry them.

Method of use/Administration: In this recipe, *Candra Prabhā Vaṭikā* is described to be taken in the quantity of 12 gm. which should be treated as equivalent to 16 gm.

Therapeutic benefits: This medicine is known as *Candra Prabhā Vaṭikā* and it cures all diseases. It cures twenty varieties of *prameha*, dysuria, *mūtra ghāta* (anuria), *aśmarī* (stone in the urinary tract), constipation, abdominal distension, colic pain, *medā granthi* (lipoma), *arbuda* (tumour), *āntra vṛiddhi* (inguinal hernia), anemia, jaundice, *halīmaka* (a serious type of jaundice), *aṇḍa vṛiddhi* (scrotal tumour), lumbago, dyspnoea, coughs, eczema, *kuṣṭha* (skin diseases including leprosy), itching, splenomegaly, fistulain-ano, eye diseases, diseases of teeth, painful menstrual disorders, seminal disorders, suppression of the power of digestion and anorexia. It alleviates *vāta*, *pitta* as well as *kapha* and promotes strength as well as virility. It rejuvenates the body.

योगेश्वररसः (र. सा. सं.)–

सूतकंगन्धकोलौहंनागं चापि वराटिका । ताम्रकं वङ्गभस्मापि व्योमकं च समांशिकम् ।।१११।।
सूक्ष्मैलापत्रमुस्तं च विडङ्गं नागकेशरम् । रेणुकाऽऽमलकं चैव पिप्पलीमूलमेव च ।।११२।।
एषां च द्विगुणं भागं मर्दयित्वा प्रयत्नतः । भावना तत्र दातव्या धात्रीफलरसेन च ।।११३।।
मात्रा चणकतुल्या च गुडिकेयं प्रकीर्त्तिता । प्रमेहं बहुमूत्रं च ह्यश्मरीं मूत्रकृच्छ्रकम् ।।११४।।
व्रणं हन्ति महाकुष्ठमर्शांसि च भगन्दरम् । योगेश्वरो रसो नाम महादेवेन भाषितः ।।११५।।

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111-115. Yogeśvara Rasa:

Ingredients: *Pārada bhasma, gandhaka bhasma, lauha bhasma, nāga bhasma, varāṭikā bhasma, tāmra bhasma, vanga bhasma, abhraka bhasma,* smaller cardamom, cassia leaves, *mustā, vāyaviḍanga, nāgakeśara, reṇukā, āmalakī, pippalīmūla* and juice of *āmalakī.*

Process of Drug-Making: Take one part each of *pārada bhasma, gandhaka bhasma, lauha bhasma, nāga bhasma, varāṭikā bhasma, tāmra bhasma, vanga bhasma* and *abhraka bhasma.* Also take two parts each of smaller cardamom, cassia leaves, *mustā, vāyaviḍanga, nāgakeśara, reṇukā, āmalakī* and *pippalīmūla.* Combine them together and powder the mix. Triturate it with juice of *āmalakī* and prepare pills of the size of gram grains.

Therapeutic benefits: This medicine is effective in checking *prameha, bahumūtra, aśmarī, mūtrakṛicchra, vraṇa, mahākuṣṭha, arśa* and *bhagandara.* This medicine has been prescribed by Mahādeva.

(*Rasendra Sār Sangraha*)

वसन्ततिलकः–

लौहं वङ्गं माक्षिकञ्च सुवर्णञ्चाभ्रकन्तथा । प्रबालतारं मुक्ता च जातीकोषफले तथा ।।११६।।
एतेषां समभागेन चातुर्जातञ्च मिश्रितम् । मदयेत् त्रिफलाक्वाथेन वटीं कुरु यत्नतः ।।११७।।
रोगानुरूपानुपानं प्रयोक्तव्यं यथायथम् । वातिकं पैत्तिकचैव श्लैष्मिकं सान्निपातिकम् ।।११८।।
वायुं नानाविधं हन्ति चापस्मारं विशेषतः । विसूचिकाक्षयोन्मादशरीरस्तम्भमेव च ।।११९।।
प्रमेहान् विंशतिञ्चैव नानारोगं विशेषतः ।।१२०।।

116-120. Vasanta Tilak Rasa:

Ingredients: *Lauha bhasma, vanga bhasma, svarṇamākṣika bhasma, abhraka bhasma, pravāla bhasma, rajata bhasma, muktā bhasma, jātīkoṣa, jātīphala,* cinnamon bark, cassia, smaller cardamom, *nāgakeśara* and decoction of *triphalā* herbs.

Process of Drug-Making: Take 10 gm. measure each of *lauha bhasma, vanga bhasma, svarṇamākṣika bhasma, abhraka bhasma, pravāla bhasma, rajata bhasma, muktā bhasma, jātīkoṣa, jātīphala* and 25 gm. each of cinnamon bark, cassia, smaller cardamom and *nāgakeśara.* Combine them together and compound them into powder. Process this compound through *bhāvanā* method along with decoction of *triphalā* herbs. Finally, prepare pills measuring 250 mg. each.

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Method of use/Administration: This medicine could be used with different *anupānas*.

Therapeutic benefits: It removes diseases caused by vitiated *vāta*, *pitta* and *śleṣma*, *sannipāta*, different types of *vāta* problems, epilepsy, dysentery, consumption, insanity, stroke, 20 types of *prameha* and others.

वसन्तकुसुमाकरो रसः–

पृथग्द्वौ हाटकं चन्द्रस्त्रयो वङ्गाहिकान्तकाः । चतुर्भागं शुद्धमभ्रं प्रवालं मौक्तिकन्तथा ।।१२१।।
भावना गव्यदुग्धेन तथैवेक्षुरसेन च । वासालाक्षारसोदीच्यरम्भाकन्दप्रसूनकैः ।।१२२।।
शतपत्ररसेनैव मालत्याः कुसुमेन च । पञ्चान्मृगमदैर्भाव्यं सुसिद्धो रसराड् भवेत् ।।१२३।।
कुसुमाकर इत्याख्यो वसन्तपदपूर्वकः । गुञ्जाद्वयेन संसेव्यः सिताऽऽज्यमधुसंयुतः ।।१२४।।
वलीपलितहन्मेध्यः कामदः सुखदः सदा । महेघ्नः पुष्टिदः श्रेष्ठः पुत्रप्रसवकारणम् ।।१२५।।
क्षयकासघ्न उन्मादश्वासरक्तविषापहः । सिताचन्दनसंयोगादस्लपित्तादिरोगजित् ।।१२६।।

121-126. Vasantakusumākara Rasa:

Ingredients: *Svarṇa bhasma*, *rajata bhasma*, *vanga bhasma*, *nāga bhasma*, *kānta lauha bhasma*, *abhraka bhasma*, *pravāla bhasma*, *muktā bhasma*, cow milk, juice of sugarcane, decoction of *aḍuṣā*, juice of *lākṣā*, decoction of *sugandhabālā*, juice of *kadalīkanda*, juice of *kamalapuṣpa*, juice of *mālatī* flowers and rose water treated with *kalka* of musk.

Process of Drug-Making: Gather *svarṇa bhasma* and *rajata bhasma* (2 gm. each), *vanga bhasma*, *nāga bhasma* and *kānta lauha bhasma* (3 gm. each), *abhraka bhasma*, *pravāla bhasma* and *muktā bhasma* (4 gm. each). Compound them together and triturate the preparation through triturate ing it along with cow milk, juice of sugarcane, decoction of *aḍuṣā*, juice of *lākṣā*, decoction of *sugandhabālā*, juice of *kadalīkanda*, juice of *kamalpuṣpa* and juice of *mālatī* flowers separately. After that triturate the preparation with rosewater treated with *kalka* of musk. Make pills measuring 250 mg. each. Dry them under shadow and preserve the medicine in glass bottles.

Method of use/Administration: This medicine should be taken in doses of 250 mg. along with sugar, *ghṛitam* and honey. If taken with sugar and sandal powder it removes *āmlapitta* and other *pitta* related indispositions.

Therapeutic benefits: It cures *bali* and *palit* indispositions. It promotes intelligence and aphrodisiac power. It cures *prameha* and comfort the user. This is a great nutrient. It helps one to procure male issues. The medicine eliminates

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consumption, *kāsa* (coughs), insanity, breathing troubles, impure blood and indisposition caused due to poisoning.

(*Rasendra Sār Sangraha*)

इन्द्रवटी (र. सा. सं.)–

मृतंसूतं मृतं वङ्गमर्जुनस्य त्वचाऽन्वितम् । तुल्यांशं मर्दयेत्खल्ले शाल्मल्या मूलजैद्रैवैः ।।१२७।।
दिनान्ते वटिका कार्या माषमात्रा प्रमेहहा । एषा चेन्द्रवटी नाम्ना मधुमेहप्रशान्तिकृत् ।।१२८।।

127-128. Indravaṭī:

Ingredients: Powders of *rasa sindūra*, *vanga bhasma*, *arjuna* (barks) and decoction of *śālmalī* roots.

Process of Drug-Making: Take 12 gm. measure each of the powders of *rasa sindūra*, *vanga bhasma* and *arjuna* (barks). Triturate them into fine powder and triturate the compound with decoction of *śālmalī* roots. Continue the saturation process for one whole day. Make pills measuring 1 gm. each.

Therapeutic benefits: This pill cures all kinds of *prameha*. It is particularly helpful in *prameha* (i.e. urinary disorders including diabetes) and *madhumeha*.

(*Rasendra Sār Sangraha*)

हरिशङ्कररसः (र. सा. सं.)–

मृतसूताभ्रकं तुल्यं धात्रीफलनिशाद्रवैः।।१२९।।
सप्ताहं भावयेत् खल्ले योगोऽयं हरिशङ्करः।माषमात्रां वटीं खादेत्सर्वमेहप्रशान्तये ।।१३०।।

129-130. Hariśankara Rasa:

Ingredients: *Rasa sindūra*, *abhraka bhasma*, juice of *āmalakī* and juice or decoction of unripe *haridrā*.

Process of Drug-Making: Obtain equal parts of *rasa sindūra* and *abhraka bhasma* and triturate their compound with juice of *āmalakī* and juice or decoction of unripe *haridrā*. The saturation process should be carried through for seven times each with both the liquids. Prepare pills measuring 1 gm.

Method of use/Administration: The medicine should be taken in doses of 125 mg.

Therapeutic benefits: It cures all types of *prameha*.

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हरिशङ्करो रसो बृहत्–

रसगन्धकलौहञ्च स्वर्णं वङ्गञ्च माक्षिकम् । समभागन्तु सम्पिष्य वटिकां कारयेद्भिषक् ।।१३१।।
सप्ताहमामलद्रावैर्भावितोऽयं रसेश्वरः । हरिशङ्करनामाऽयं गहनानन्दभाषितः ।।
प्रमेहान् विंशतिं हन्ति सत्यं सत्यं न संशयः ।।१३२।।

131-132. Haṛiśankara Rasa (Major Type):

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma*, *svarṇa bhasma*, *vanga bhasma*, *svarṇamākṣika bhasma* and juice of fresh *āmalakī* fruits (or decoction of dried *āmalakī* fruits).

Process of Drug-Making: Take 12 gm. measure each of purified *pārada*, purified *gandhaka*, *lauha bhasma*, *svarṇa bhasma*, *vanga bhasma*, and *svarṇamākṣika bhasma*. First prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Triturate the compound with juice of fresh *āmalakī* fruits (or decoction of dried *āmalakī* fruits) for one week and finally prepare pills measuring 125 mg. each.

Therapeutic benefits: This medicine has been prescribed by Gahanānand. It cures 20 types of *prameha*. There is no doubt about its efficacy.

(*Rasendra Sār Sangraha*)

आनन्दभैरवो रसः–

वङ्गभस्म मृतं स्वर्णं रसं क्षौद्रैर्विमर्दयेत् । द्विगुञ्जं भक्षयेन्नित्यं हन्ति मेहं चिरोद्भवम ।।१३३।।
गुञ्जामूलं तथा क्षौद्रैरनुपानं प्रशस्यते ।।१३४।।

133-134. Ānanda Bhairava Rasa:

Ingredients: *Vanga bhasma*, *svarṇa bhasma*, *rasa sindūra* and honey.

Process of Drug-Making: Take 12 gm. measure of *vanga bhasma*, *svarṇa bhasma* and *rasa sindūra*. Triturate them together along with honey. Prepare pills measuring 250 mg. each.

Method of use/Administration: This medicine should be taken in doses of one pill along with honey, powder of *guñjā* roots (1 gm.) and honey (4 gm.).

(*Rasendra Sār Sangraha*)

विद्यावङ्गेश्वरो रसः (लालामेहे)–

तुल्यानि वङ्गसूताभ्रभस्मानि परिकल्पयेत् । सर्वतुल्यं महानिम्बबीजचूर्णं विमिश्रयेत् ।।१३५।।
लिह्यात् क्षौद्रेण माषैकं पित्तमेहप्रशान्तये । शाणत्रयं निशाचूर्णं मधुना भक्षयेदनु ।

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विद्यावङ्गेश्वरो नाम लालामेहस्य शान्तये ।।१३६।।

135-136. Vidyāvangeśvara Rasa:

Ingredients: *Rasa sindūra*, *vanga bhasma*, *abhraka bhasma* and *mahānimba* seeds' powder.

Process of Drug-Making: Take 12 gm. measure of *rasa sindūra*, *vanga bhasma* and *abhraka bhasma* along with 36 gm. measure of *mahānimba* seeds' powder. Triturate them together.

Method of use/Administration: Take this medicine in doses of 1 gm. every day along with honey, *haridrā* powder (12 gm.) and honey.

Therapeutic benefits: This medicine is an effective treatment for *prameha* caused due to vitiated *pitta* as well as the indisposition called *lālāmeha*.

प्रमेहसेतुरसः (र. सा. सं.)–

सूताभ्रञ्च वटक्षीरैर्मर्द्दयेत्प्रहरद्वयम् । विशोष्य पक्वमूषायां सर्वरोगे प्रयोजयेत् ।।१३७।।
विशेषान्मेहरोगेषु त्रिफलामधुसंयुतम् । युञ्जीत वल्लमेकन्तु रसेन्द्रस्यास्य वैद्यराट् ।।१३८।।

137-138. Pramehasetu Rasa:

Ingredients: *Rasa sindūra*, *abhraka bhasma* and latex of banyan tree.

Process of Drug-Making: Get 48 gm. measure each of *rasa sindūra* and *abhraka bhasma* and triturate them together along with latex of banyan tree for six hours. Dry the compound and close it in a *mūṣā*. Place the *mūṣā* in a *Bālukā Yañtra* and cook the same for three hours. Subsequently, triturate the compound and store the same in glass jar.

Method of use/Administration: This medicine is to be taken in doses of one *valla* (375 mg.) along with 1 gm. of *triphalā* powder and 6 gm. of honey.

Therapeutic benefits: This '*Pramehasetu Rasa*' is capable of curing all types of *prameha*.

(*Rasendra Sār Sangraha*)

मेहकुञ्जरकेशरी रसः–

रसगन्धायसाभ्राणि नागवङ्गौ सुवर्णकम् । वज्रकं मौक्तिकं सर्वमेकीकृत्य विचूर्णयेत् ।।१३९।।
शतावरीरसेनैव गोलकं शुष्कमातपे । बुद्ध्वा शुष्कं तमुद्धृत्य शरावे सुदृढे क्षिपेत् ।।१४०।।
सन्धिलेपं मृदा कुर्याद्गर्त्ते च गोमयाग्निना । पुटेद्यामचतुः संख्यमुद्धृत्य स्वाङ्गशीतलम् ।।१४१।।
श्लक्ष्णखल्वेविनिक्षिप्यगोलंतंमर्दयेद्दृढम् । देवब्राह्मणपूजांचकृत्वा धृत्वाऽधिकूपिकम् ।।१४२।।

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खादेद्वल्लद्वयं प्रातः शीतं चानुपिबेज्जलम् । अष्टादशप्रमेहांश्च जयेन्मासोपयोगतः ।।१४३।।
पुष्टिं तेजो बलं वर्णशुक्रवृद्धिञ्च दारुणम् । अग्नेर्बलं वितनुते मेहकुञ्जरकेशरी ।।१४४।।
द्विव्यं रसायनं श्रेष्ठं नात्र कार्या विचारणा ।।१४५।।

139-145. Mehakuñjarkeśarī Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma*, *abhraka bhasma*, *nāga bhasma*, *vanga bhasma*, *svarṇa bhasma*, *hīraka bhasma*, *muktā bhasma* and juice of *śatāvarī*.

Process of Drug-Making : Obtain 12 gm. each of purified *pārada*, purified *gandhaka*, *lauha bhasma*, *abhraka bhasma*, *nāga bhasma*, *vanga bhasma*, *svarṇa bhasma*, *hīraka bhasma* and *muktā bhasma*. First prepare *kajjalī* out *pārada* and *gandhaka* and mix rest of the materials into it. Add juice of *śatāvarī* to the compound and triturate it thoroughly. Subsequently, prepare a lump out of the mix and put the dried lump in a *śarāva saṁpuṭa*. Tightly close the mouth of the *saṁpuṭa*. Dig a pit and put the *saṁpuṭa* inside it. Apply the fire of wild reeds to the top as well as the bottom of the *saṁpuṭa*. Cook the same for 12 hours. When the *saṁpuṭa* gets cool to the atmospheric temperature, take out the cooked compound and triturate it into a fine powder. After worshiping God and the priests, preserve the compound.

Method of use/Administration: This medicine is to be taken in doses of two *valla* (modern dose 32 mg.) along with honey during morning hours followed with a drink of cold water as *anupāna*.

Therapeutic benefits: In this way, consuming the medicine for one month would help in alleviating 18 types of *prameha* (excluding *vāsa meha* and *madhumeha*). This '*Mehakuñjarkeśarī Rasa*' also promotes health, lustre, intelligence, strength, complexion, semen and digestive power of the user. This is a unique *rasāyaṇa*. One should not doubt the efficacy of this preparation.

मेघनादो रसः (र. सा. सं.)–

भस्मसूतंसमं कान्तमभ्रकन्तु शिलाजतु । शुद्ध ताष्यं शिलाव्योषत्रिफलाऽङ्कोठजीरकम् ।।१४६।।
कार्पासबीजं रजनीचूर्णं भाव्यञ्च वह्निना । विंशतिवारं संशोष्य लिहाच्च मधुना सह ।।१४७।।
गुञ्जात्रयं हरेन्मेहं मेघनादरसो महान् ।।१४८।।

146-148.Meghanāda Rasa:

Ingredients: *Rasa sindūra*, *kānta lauha bhasma*, *abhraka bhasma*, purified *śilājatu*, *svarṇamākṣika bhasma*, purified *manahśilā*, *ṭrikaṭu*, *ṭriphalā*, seed of

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ankoṭha, cumin seeds, seeds of cotton plant and *haridrā* and decoction of *citraka* barks.

Process of Drug-Making: Take 12 gm. each of *rasa sindūra*, *kānta lauha bhasma*, *abhraka bhasma*, purified *śilājatu*, *svarṇamākṣika bhasma*, purified *manahśilā*, *ṭrikaṭu*, *ṭriphalā*, seed of *ankoṭha*, cumin seeds, seeds of cotton plant and *haridrā* and compound them together into a fine powder. Triturate the mix with decoction of *citraka* barks. Dry the medicine and preserve it in bottle. This medicine is called *Meghanāda Rasa*.

Method of use/Administration: It should be taken in doses of 375 mg. along with honey.

Therapeutic benefits: It cures all types of *prameha*.

(*Rasendra Sār Sangraha*)

मेहकेशरीरसः–

मृतवङ्गं सुवर्णञ्च कान्तलौहञ्च पारदम् । मुक्ता गुडत्वचञ्चैव सूक्ष्मैलापत्रकेशरम् ।।१४९।।
समभागं विचूर्ण्याथकन्यानीरेण भावयेत् । द्विगुञ्जां वटिकां खादेद् दुग्धान्नं प्रतिबेत्ततः ।।१५०।।
प्रमेहं नाशयेदाशु केशरी करिणं यथा । शुक्रप्रवाहं शमयेत्त्रिरात्रान्नात्र संशयः ।।१५१।।

149-151.Meha Keśarī Rasa:

Ingredients: *Vanga bhasma*, *svarṇa bhasma*, *kānta lauha bhasma*, *pārada bhasma*, *muktā bhasma*, cinnamon bark, smaller cardamom, cassia leaves, *nāgakeśara* and juice of *ghṛitakumārī*.

Process of Drug-Making: Take 12 gm. measure each of *vanga bhasma*, *svarṇa bhasma kānta lauha bhasma*, *pārada bhasma*, *muktā bhasma*, cinnamon bark, smaller cardamom, cassia leaves and *nāgakeśara*. Compound them into a fine powder and triturate the compound through juice of *ghṛitakumārī*. Prepare pills measuring 2 gm. each.

Method of use/Administration: The pills should be taken with water or juice of *āmalakī*. The patient should take milk and cooked rice as meal during the medication.

Therapeutic benefits: As a lion eliminates an elephant easily, this medicine removes all types of *prameha*. It also corrects discharge of semen within three nights. There is no doubt about it.

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मेहान्तको रसः–

रसगन्धकलौहञ्च तारवङ्गं त्रिभागिकम् । अभ्रकस्य त्रयो भागा भागार्द्धेन सुवर्णकम् ।।१५२।।
सर्वचूर्णसमां दद्यात् तालमूलीं सुचूर्णिताम् । नानारोगहरं श्रेष्ठं वातपित्तभवं महत् ।।
कान्तिपुष्टिकरञ्चैव रतिशक्तिविवर्द्धनम् ।।१५३।।

152-153 Mehāntaka Rasa:

Ingredients: *Pārada bhasma*, *gandhaka bhasma*, *lauha bhasma*, *rajata bhasma*, *vanga bhasma*, *abhraka bhasma*, *svarṇa bhasma* and *muṣalī* powder.

Process of Drug-Making: Get 36 gm. measure each of purified *pārada bhasma*, *gandhaka bhasma*, *lauha bhasma*, *rajata bhasma*, *vanga bhasma* and *abhraka bhasma* along with 6 gm. of *svarṇa bhasma* and 222 gm. (equal to all the above ingredients) measure of *muṣalī* powder. Prepare *kajjalī* out of *pārada* and *gandhaka* and mix into it all the rest. Compound the mix thoroughly into a fine powder.

Method of use/Administration: This medicine is used with different *anupānas*.

Therapeutic benefits: It is effective in checking diseases caused by vitiated *doṣas*. It promotes the beauty and strength of body as well as aphrodisiac power of the user.

बृहत्कामचूडामणी रसः–

मौक्तिकंमाक्षिकञ्चैवस्वर्णभस्म पृथक् पृथक् । कर्पूरं जातिकोषञ्च जातीफललवङ्गकम् ।।१५४।।
वङ्गभस्मतथाग्राह्यं रूप्यञ्चापि तथाऽर्द्धकम् । चातुर्जातञ्च सङ्ग्राह्यं सर्वमेकत्र चूर्णितम् ।।१५५।।
शतमूलीरसेनैव भावयेत्सप्तवांरकम् । ततो गुञ्जाप्रमाणेन वटिका भिषजा कृता ।।१५६।।
अनुपानविशेषेण रोगाकरविनाशिनी । शीतं पयोऽनुपानञ्च कामिनीः कामयेच्छतम् ।।१५७।।
वीर्यहीनोभवेद्यस्तुयोवास्यात्पतितध्वजः । सोऽशीतिवार्षिको भूत्वा युवेव रमतेऽङ्गनाः ।।१५८।।
भेषजैर्विविधैः किंस्यादन्यैश्चशतसंख्यकैः । फलं न किञ्चित्तत्रास्ति केवलं गौरवं मुहुः ।।१५९।।
नातः परतरं किञ्चिदस्ति पुष्टिकरं च सत् । अतः सर्वप्रयत्नेन सेव्या भूमिभुजा सदा ।।१६०।।
विशेषाद् ध्वजभङ्गञ्च सप्ताहेन विनाशयेत् । प्रमेहं मूत्ररोगञ्च मन्दाग्निं श्वयथुं तथा ।।१६१।।
रक्तदोषञ्च नारीणां पानाद्दोषो विनश्यति ।।१६२।।

154-162. Bṛihatkāma Cuḍāmaṇi Rasa:

Ingredients: *Muktā bhasma*, *svarṇamākṣika bhasma*, *svarṇa bhasma*, camphor, *jātīphla*, *jātīkoṣa*, clove, *vanga bhasma*, *rajata bhasma*, cinnamon bark, smaller cardamom, cassia leaves, *nāgakeśara* and juice of *śatāvarī*.

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Process of Drug-Making: Get 12 gm. measure each of *muktā bhasma*, *svarṇamākṣika bhasma*, *svarṇa bhasma*, camphor, *jātīphala*, *jātīkoṣa*, clove and *vanga bhasma*. Also take 6 gm. each of *rajata bhasma*, cinnamon bark, smaller cardamom, cassia leaves and *nāgakeśara*. Compound them into fine powder and triturate the compound along with the juice of *śatāvarī* for seven consecutive times. Prepare pills measuring 125 mg. each. Dry the medicine and preserve it in glass bottle.

Method of use/Administration: After taking this pill one should take *śṛītaśīta* milk or cold water.

Therapeutic benefits: Taken with different *anupānas*, this medicine checks all types of diseases. It makes one desire to indulge in intercourse with beautiful women. The one who has lost sperms or whose genital organs have weakened should use this medicine even when one is as old as eighty years. There are many medicines which have been noted for their efficacy but they are of doubtful credentials. But this medicine is perfect and has been tested by the nobles and the royalty. Taking this medicine for seven days equip one with great aphrodisiac power. The medicine checks *prameha*, urinary troubles, diminished appetite, edema and menstrual problems.

वङ्गेश्वरः–

रसस्य भस्मना तुल्यं वङ्गभस्म प्रयोजयेत् । अस्य माषद्वयं हन्ति मेहान् क्षौद्रसमन्वितम् ।।१६३।।

163. *Pārada bhasma* and *vanga bhasma* should be taken in equal quantities and triturated. Their mix should be administered in a doses of 125 mg. along with honey to cure the case of *prameha*.

(*Rasendra Sār Sangraha*)

वङ्गेश्वरो रसः (यो. र.)–

वङ्गं कान्तं च गगनं हेमपुष्पं समं समम् । कुमारीरसतो भाव्यं सप्तवारं भिषग्वरैः ।।१६४।।
एष वङ्गेश्वरो नाम प्रमेहान् विंशतिं जयेत् । मूत्रकृच्छ्रं सोमरोगं पाण्डुरोगं महाश्मरीम् ।
रसायनमिदं श्रेष्ठं नागार्जुनविनिर्मितम् ।।१६५।।

164-165. Vangeśvara Rasa (Second Recipe):

Ingredients: *Vanga bhasma*, *kānta lauha bhasma*, *abhraka bhasma*, *nāga keśara* and juice of *ghṛitakumārī*.

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Process of Drug-Making: Take in equal parts *vanga bhasma*, *kānta lauha bhasma*, *abhraka bhasma* and *nāga keśara* and compound them together. Triturate this compound for seven consecutive times along with juice of *ghṛitakumārī*. Prepare pills measuring 375 mg. each.

Therapeutic benefits: This medicine called '*Vangeśara Rasa*' eliminates 20 types of *prameha*, *mūtrakṛicchra*, *somaroga*, anemia and *aśmarī*. This medicine has been prescribed by Nāgarjuna.

(Yoga Ratnākar)

वङ्गेश्वरो रसो बृहत्–

वङ्गभस्म रसं गन्ध रूप्यं कर्पूरमभ्रकम् । कर्षं कर्षं मानमेषां सूताङ्घ्रि हेम मौक्तिकम् ।।१६६।।
केशराजरसैर्भाव्यं द्विगुञ्जाफलमानतः । प्रमेहान विंशति हन्ति साध्यासाध्यान्न संशयः ।।१६७।।
मूत्रकृच्छ्र तथा पाण्डुं धातुस्थञ्च ज्वरं जयेत् । हलीमकं रक्तपित्तं वातपित्तकफोद्भवम् ।।१६८।।
ग्रहणीमामदोषञ्च मन्दाग्नित्वमरोचकम् । एतान्सर्वान्निहन्त्याशु वृक्षमिन्द्राशनिर्यथा ।।१६९।।

166-169. Vangeśvara Rasa (Major Recipe):

Ingredients: *Vanga bhasma*, purified *pārada*, purified *gandhaka*, *rajata bhasma*, camphor, *abhraka bhasma*, *svarṇa bhasma*, *muktā bhasma* and juice of *keśarāj*.

Process of Drug-Making: Take 12 gm. measure each of *vanga bhasma*, purified *pārada*, purified *gandhaka*, *rajata bhasma*, camphor and *abhraka bhasma*. Also get 3 gm. measure each of *svarṇa bhasma* and *muktā bhasma*. First prepare *kajjalī* out of *pārada* and *gandhaka* and mix into it rest of the ingredients. Triturate the compound with juice of *keśarāja* and prepare pills measuring 250 mg. each.

Therapeutic benefits: This medicine is effective in checking 20 types of curable and incurable *prameha*, *mūtrakṛicchra*, anemia, *jvara* (*dhātugat* variety), *halīmaka*, *rakta pitta*, vitiated *vāta*, *pitta* and *kapha*, *grahaṇī*, indigestion, loss of appetite and anorexia. The medicine is as effective as is the *vajra* of Indra in eliminating trees.

वङ्गेश्वरो बृहत् (द्वितीयः)–

सूतं गन्धं मृतं लौहं मृतमभ्रं समांशिकम् । हेम वङ्गञ्च मुक्ता च ताव्यमेवं समं समम् ।।१७०।।
सर्वेषां चूर्णितं कृत्वा कन्यारसविमर्दितम् । गुञ्जाद्वयप्रमाणेन वटिकां कुरु यत्नतः ।।१७१।।
वृहद्वङ्गेश्वरो ह्येष रक्तमूत्रे प्रशस्यते । श्वेतमूत्रं बहुमूत्रं मूत्रकृच्छ्रं तथैव च ।।१७२।।

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सर्वविधप्रमेहांस्तु नाशयेदविकल्पतः । अग्निवृद्धि वयोवृद्धिं कान्तिवृद्धिं करोति च ।।१७३।।
क्षयरोगं निहन्त्याशु कासं पञ्चविधं तथा । कुष्ठमष्टादशविधं पाण्डुरोगं हलीमकम् ।।१७४।।
शूलंश्वासंज्वरंहिक्कां मन्दाग्नित्वमरोचकम् । क्रमेण शीलितो हन्ति वृक्षमिन्द्राशनिर्यथा ।।१७५।।

170-175. Vangeśvara Rasa Major (Second Recipe):

Ingredients: *Vanga bhasma*, *pārada bhasma*, *gandhaka bhasma*, *rajata bhasma*, *svarṇamākṣika bhasma*, *abhraka bhasma*, *svarṇa bhasma*, *muktā bhasma* and juice of *ghṛitakumārī*.

Process of Drug-Making: Take 12 gm. measure each of *vanga bhasma*, *pārada bhasma*, *gandhaka bhasma*, *rajata bhasma*, *svarṇamākṣika bhasma*, and *abhraka bhasma*. Also get 3 gm. measure each of *svarṇa bhasma* and *muktā bhasma*. First prepare *kajjalī* out of *pārada* and *gandhaka* and mix into it rest of the ingredients. Triturate the compound with juice of *ghṛitakumārī* and prepare pills measuring 250 mg. each.

Therapeutic benefits: This medicine is effective in checking bleeding along with discharge of urine, *bahumūtra*, urine containing white cells and all types of *prameha*. This medicine promotes digestive power, longevity and beauty of the user. It controls consumption, five types of *kāsa* (coughs), 18 types of *kuṣṭha*, anemia, *halīmaka*, colic pain, bronchitis, fever, hiccups, diminished appetite and anorexia. The medicine is as effective as is the *vajra* of Indra in eliminating trees.

स्वर्णवङ्गम्–
प्रक्षिपेद् भाजने वङ्गमायसे चापि मृन्मये । विद्रुते वह्नितापेन तस्मिंस्तन्मानकं रसम् ।।१७६।।
क्षिप्त्वा संचूर्णयेत्तत्र नरसारं च गन्धकम् । तनुवासोमृदालिप्तकाचकूप्यां विधाय च ।।१७७।।
तत्सर्वं सिकतायन्त्रे पचेद् यामचतुष्टयम् । पाकात्संजायते चित्रं कीर्णं हेमकणैरिव ।।१७८।।
रमणीयतरं स्वर्णवङ्गं नाम रसायनम् । बल्यं मेहहरं कान्तिमेधावीर्याग्निवर्द्धनम् ।।१७९।।

176-179. Svarṇavangam:

Ingredients: Purified *vanga*, purified *pārada*, purified *gandhaka* and *narasāra*.

Process of Drug-Making: Take 250 gm. measure of purified *vanga* and melt it on a slow heat using an iron or earthen pot. Keep 250 gm. measure of purified *pārada* into a mortar. The melted *vanga* should be poured immediately into this mortar. Both of the drugs should be triturated thoroughly. Add to the preparation, 25 gm. measure of rock salt and prepare a *kalka* out of the compound. Wash the compound through water for 21 consecutive times. Add 250 gm. of purified

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gandhaka to the compound as well as equal amount of *narasāra* and thoroughly triturate the preparation. Place the preparation into a glass bottle that has been tightly closed and place this bottle inside a *Bālukā Yañtra*. Cook the preparation for 12 hours. When the *gandhaka* is properly cooked and there is no white smoke around the mouth of the glass bottle and when there appears deposits of yellow dust on a rod placed inside the glass bottle, one should remove the *Bālukā Yañtra* from the heat. Thus, one obtains the chemical called *svarṇa vanga*.

Dosage: 125-250 mg. along with honey.

Therapeutic benefits: This medicine is a great nutrient and promoter of beauty, intelligence, strength and digestive power. It also controls *prameha*.

सर्वेश्वरो रसः–

स्वर्णरौप्यं मौक्तिकञ्च विशुद्धञ्च शिलाजतु । लौहमभ्रं तथा ताप्यं मधुयष्टी च पिप्पली ।।१८०।।
मरिचं विश्वकञ्चेति सर्वमेकत्र कारयेत् । विमर्द्य प्रहरं यत्नात्कज्जालाकृति सन्निभम् ।।१८१।।
केशराजभङ्गराजशक्राशनरसे पृथक् । प्रमेहं विविधं हन्ति मधुमेहं सुदुर्जयम् ।।१८२।।
वातपित्तसमुद्भूतं तथा कफसमुद्भवम् । सर्वेश्वरो रसो नाम्ना प्रमेहकुलनाशनः ।।१८३।।

180-183. Saraveśvara Rasa:

Ingredients: *Svarṇa bhasma*, *rajata bhasma*, *muktā bhasma*, purified *śilājatu*, *lauha bhasma*, *abhraka bhasma*, *svarṇamākṣika bhasma*, *madhuyaṣṭī*, *pippalī*, *marica*, dried ginger, juices of *keśarāja*, *bhṛingarāja* and *vijayā*.

Process of Drug-Making: Get 12 gm. measure each of *svarṇa bhasma*, *rajata bhasma*, *muktā bhasma*, purified *śilājatu*, *lauha bhasma*, *abhraka bhasma*, *svarṇamākṣika bhasma*, *madhuyaṣṭī*, *pippalī*, *marica* and dried ginger. Churn all of them together and triturate the compound separately with juices of *keśarāja*, *bhṛingarāja* and *vijayā*. Make pills measuring 250 mg. each out of the preparation.

Therapeutic benefits: This medicine is capable to control *prameha*(i.e. urinary disorders including diabetes) and particularly those cases of the disease that have been caused due to vitiated *vāta*, *pitta* and *kapha*.

अपूर्वमालिनीवसन्तरसः–

वैक्रान्तमभ्रं रविताप्यरौप्यं वंगं प्रवालं रसभस्म लौहम् ।
सुटङ्कणं कम्बुकभस्म सर्वं समांशकं सेव्यवरीहरिद्राः ।।१८४।।
द्रवैर्विभाव्यं मुनिसंख्यया च मृगाङ्कजाशीतकरेण पश्चात ।
वल्लप्रमाणो मधुपिप्पलीभिर्जीर्णेज्वरे धातुगते नियोज्यः ।।

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गुडूचिकासत्त्वसितायुतश्च सर्वप्रमेहेषु नियोजनीयः ।।१८५।।
कृच्छ्राश्मरीं निहन्तायाशु मातुलुङ्गाङ्घ्रिजैर्द्रवैः ।
रसो वसन्तनामाऽयमपूर्वो मालिनीपदः ।।१८६।।

184-186. Apūrvamālinī Vasanta Rasa:

Ingredients: *Vaikrānta bhasma*, *abhraka bhasma*, *tāmra bhasma*, *svarṇamākṣika bhasma*, *rajata bhasma*, *vanga bhasma*, *pravāla bhasma*, *rasa sindūra*, *lauha bhasma*, purified *tañkaṇa*, *śankha*, juices of *uśīra*, *śatāvarī*, decoction of *haridrā*, deer-musk and camphor.

Process of Drug-Making: Get 12 gm. measure each of *vaikrānta bhasma*, *abhraka bhasma*, *tāmra bhasma*, *svarṇamākṣika bhasma*, *rajata bhasma*, *vanga bhasma*, *pravāla bhasma*, *rasa sindūra*, *lauha bhasma*, purified *tañkaṇa* and *śankha bhasma*. Compound them together into a fine powder and triturate the mix with juices of *uśīra*, *śatāvarī* and decoction of *haridrā*. The saturation should be repeated for seven consecutive times with each of the liquids. Add to the preparation, 12 gm. measure each of deer-musk and camphor. Prepare pills measuring 375 mg. each and dry the medicine to preserve it in glass bottle.

Method of use/ Administration and Therapeutic benefits: This medicine is to be taken along with *pippalī* powder and honey to treat chronic *jvara* (*dhātugata* variety). It should be taken with abstracts of *guḍūcī* and raw sugar to treat all types of *prameha*. The medicine could be taken with decoction of the roots of *jambīra* lemon plant to control *mūtrakṛicchra* and *aśmarī*.

प्रमेहचिन्तामणिरसः–
मृतसूताभ्रवंगं च स्वर्णं लौहं प्रकल्पयेत् । मौक्तिकं च प्रवालं च माक्षिकं सममाहरेत् ।।१८७।।
कन्यानीरेण संमर्द्य द्विगुञ्जाफलमानतः । छायाशुष्का वटी कार्या भक्षणीया प्रयत्नतः ।।१८८।।
प्रमेहान् विंशतिं हन्ति बहुमूत्रं च सोमकम् । अश्मरीं मूत्रकृच्छ्रं च मूत्राघातं सुदारुणम् ।।१८९।।
वृष्यो बलकरो हृद्यः शुक्रवृद्धिकरः परः ।।१९०।।

187-190.Prameha Cintāmaṇi Rasa:

Ingredients: *Rasa sindūra*, *abhraka bhasma*, *vanga bhasma*, *svarṇa bhasma*, *lauha bhasma*, *muktā bhasma*, *pravāla bhasma*, *svarṇamākṣika bhasma* and juice of *ghṛitakumārī*.

Process of Drug-Making: Take in equal parts *rasa sindūra*, *abhraka bhasma*, *vanga bhasma*, *svarṇa bhasma*, *lauha bhasma*, *muktā bhasma*, *pravāla bhasma*

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and *svarṇamākṣika bhasma*. Compound them together and triturate the mix with juice of *ghṛitakumārī*. Prepare pills measuring 250 mg. each.

Therapeutic benefits: This medicine checks 20 types of *prameha*, *bahumūtra*, *somaroga*, *aśmarī*, *mūtrakṛicchra* and *mūtra ghāta*. This is a great aphrodisiac *rasāyaṇa* as well as a great nutrient and cardiac drug.

विडङ्गादिलौहम्–

विडङ्गत्रिफलामुस्तैः कणया नागरेण च । जीरकाभ्यां युतो हन्ति प्रमेहानतिदारुणान् ।।
लौहो मूत्रविकारांश्च सर्वानेव विनाशयेत् ।।१९१।।

191. Viḍangādi Lauham:

Ingredients: Powders of *vāyaviḍanga*, *triphalā* herbs, *mustā*, *pippalī*, dried ginger, white cumin seeds, black cumin seeds and *lauha bhasma*.

Process of Drug-Making: Get 12 gm. measure each of the powders of *vāyaviḍanga*, *triphalā* herbs, *mustā*, *pippalī*, dried ginger, white cumin seeds and black cumin seeds. Combine all of them with equal measure (i. e. 108 gm.) of *lauha bhasma*.

Method of use/Administration: This medicine should be taken in doses of 250 mg. along with honey in morning as well as in evening.

Therapeutic benefits: It checks all types of *prameha* and problems related to urine.

(*Rasendra Sār Sangraha*)

शाल्मलीघृतम्–

शाल्मलीद्रवसंयुक्तंसर्पिश्छागीपयोऽन्वितम् । अश्वगन्धांवरीं रास्नां मुशलीं विश्वभेषजम् ।।१९२।।
अनन्तां मधुकं द्राक्षां दत्त्वा च पलमानतः । पचेन्मन्दाग्निना वैद्यः पात्रे मृत्परिनिमिते ।।१९३।।
प्रमेहान् निखिलान् हन्ति शुक्रमेहं विशेषतः । क्लैब्यं धातुक्षयं दोषं कासञ्चैतद्वरं घृतम् ।।१९४।।

192-194. Śālmali Ghṛitam:

Ingredients: Goat's *mūrcchita ghṛitam*, decoction of *śālmalī* barks, goat's milk, water, *aśvagandhā*, *triphalā* herbs, *rāsnā*, *muṣalī*, dried ginger, *anantamūla*, *madhuyaṣṭī* and *drākṣā*.

Process of Drug-Making: Collect 1.50 litre each of goat's *mūrcchita ghṛitam*, decoction of *śālmalī* barks and goat's milk. Also take 6 litres measure of water. Prepare a *kalka* out of 48 gm. measure each of the following herbs:

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aśvagandhā, *triphalā* herbs, *rāsnā*, *muṣalī*, dried ginger, *anantamūla*, *madhuyaṣṭī* and *drākṣā*. Combine the *kalka* and rest together and cook the preparation in an earthen or metallic pot.

Therapeutic benefits: This medicine is capable to control all types of *prameha*. It eliminates *śukrameha*, impotency, loss of vital elements (*dhātu kṣaya*) and *kāsa* (coughs).

धान्वन्तरं घृतम् (च. द.)–

दशमूलं करञ्जौ द्वौ देवदारु हरीतकी । वर्षाभूर्वरुणो दन्ती चित्रकं सपुनर्नवम् ।।१९५।।
सुधानिम्बकदम्बाश्च बिल्वभल्लातकानि च । शटीपुष्करमूलञ्च पिप्पलीमूलमेव च ।।१९६।।
पृथग् दशपलान्भागाँस्ततस्तोयार्मणेपचेत् । यवकोलकुलत्थानां प्रस्थं प्रस्थञ्च दापयेत् ।।१९७।।
तेन पादावशेषेण घृतप्रस्थं विपाचयेत् । निचुलं त्रिफला भार्गी रोहिषं गजपिप्पली ।।१९८।।
शृङ्गबेरं विडङ्गानि वचा काम्पल्लकं तथा । गर्भेणानेन तत्सिद्धं पाययेत्तु यथाबलम् ।।१९९।।
एतद्धान्वन्तरं नाम विख्यातं सपिरुत्तमम् । कुष्ठं गुल्मं प्रमेहांश्च श्वयथुं वातशोणितम् ।।२००।।
प्लहोदरं तथाऽर्शांसि विद्रधि पिडकाश्च याः । अपस्मारं तथोन्मादं सर्पि रेतन्नियच्छति ।।२०१।।
पृथक् तोयार्मणे तत्र पचेद् द्रव्याच्छतं शतम् । शतत्रयाधिके तोयमुत्सर्गक्रमता भवेत् ।।२०२।।

195-202. Dhānvantara Ghṛitam:

Ingredients: *Daśamūla* herbs, *karañja*, *latā karañja*, *devadāru*, *harītakī*, *varṣābhū*, *varuṇa*, *dantī*, *citraka*, *punarnavā*, *sudhā*, *nimba*, *kadamba*, *bilva*, *bhallātaka*, *śaṭī*, *puṣkaramūla*, *pippalīmūla*, *yava*, *kola*, *kulattha*, water, *mūrcchita ghṛitam*, *nicula*, *triphalā* herbs, *bhārgī*, *rohisa*, *gajapippalī*, *śṛīngavera*, *viḍanga*, *vacā* and *kampillaka*.

Process of Drug-Making: Take 470 gm. measure each of *daśamūla* herbs, *karañja*, *latā karañja*, *devadāru*, *harītakī*, *varṣābhū*, *varuṇa*, *dantī*, *citraka*, *punarnavā*, *sudhā*, *nimba*, *kadamba*, *bilva*, *bhallātaka*, *śaṭī*, *puṣkaramūla* and *pippalīmūla*. Also take 750 gm. each of *yava*, *kola* as well as *kulattha*. Combine all the ingredients together and coarsely powder them. Add 48 litre of water to them and boil the preparation down to one fourth quantity. Strain out the decoction and add to it 750 gm. of *mūrcchita ghṛitam* and *kalka* prepared out of the following herbs in equal parts (17 gm. each): *nicula*, *triphalā* herbs, *bhārgī*, *rohisa*, *gajapippalī*, *śṛīngavera*, *viḍanga*, *vacā* and *kampillaka*. Combine them together and cook them properly to obtain the medicated *ghṛitam*.

Note: In one *armaṇa* of water 480 gm. of the drugs of each category should be boiled for the preparation of the decoction. If, however, the quantity of drugs

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exceeds 14400 gm., then the quantity of water should be determined according to the general rule.

Method of use/Administration: This medicated *ghṛitam* should be administered to the patient in a suitable dose depending upon his power of digestion. Dosage: 6-12 gm. along with lukewarm milk or water.

Therapeutic benefits: This is called *Dhānvantara Ghṛitam*. It cures *kuṣṭha* (skin diseases including leprosy), *gulma* (phantom tumour), *prameha* of different types, edema, gout, spleen related disorder, piles, abscess, carbuncle, epilepsy and insanity.

(Cakradatt)

दाडिमाद्यं घृतम्–

दाडिमस्यतुबीजानिक्रिमिघ्नस्यचतण्डुलाः । रजनीचविकाऽजाजी त्रिफला नागरं कणा ।।२०३।।
त्रिकण्टकस्य बीजानियमानीधान्यकं तथा । वृक्षाम्लं चपला कोलं सिन्धूद्भवसमायुतम् ।।२०४।।
कल्कैरक्षसमैरेभिर्घृतप्रस्थं विपाचयेत् । पाने भोज्ये च दातव्यं सर्वत्तेषु च मात्रया ।।२०५।।
प्रमेहान्विंशतिविधान्मूत्राघातांस्तथाऽश्मरीम् । कृच्छ्रं सुदारुणं चैव हन्यादेतन्न संशयः ।।२०६।।
विबन्धानाहशूलघ्नं कामलाज्वरनाशनम् । दाडिमाद्यं घृतं नाम्ना अश्विभ्यां निमितं पुरा ।।२०७।।

203-207.Dāḍimādya Ghṛitam:

Ingredients: *Dāḍima* (seeds), *viḍanga* (pulp of the dehusked seed), *rajanī*, *cavikā*, *ajājī*, *nāgara*, *triphalā*, *kaṇā*, *ṭrikañṭaka* (fruit), *yamānī*, *dhānyaka*, *vṛikṣāmla*, *capala*, *kola*, rock-salt, *mūrcchita ghṛitam* and water.

Process of Drug-Making: Take 12 gm. measure each of *dāḍima* (seeds), *viḍanga* (pulp of its dehusked seed), *rajanī*, *cavikā*, *ajājī*, *nāgara*, *triphalā*, *kaṇā*, *ṭrikañṭaka* (fruit), *yamānī*, *dhānyaka*, *vṛikṣāmla*, *capala*, *kola* and rock-salt. Prepare a *kalka* out of these materials. Add 750 gm. of *mūrcchita ghṛitam* to this *kalka* and cook the same in water measuring 3 litre.

Method of use/Administration: This medicated *ghṛitam* should be used along with other liquids like milk, etc. During meals it should be consumed by mixing it with rice. Dosage: 6-12 gm.

Therapeutic benefits: It undoubtedly cures twenty varieties of *prameha*, *mūtra ghāta* (anuria), *aśmarī* (stone) and serious type of dysuria. It also cures constipation, *ānāha* (abdominal distension), colic pain, jaundice and fever. This is called *Dāḍimādya Ghṛitam*. In the days of yore, it was propounded by the Aśvins.

(Vangasen)

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दाडिमाद्यं घृतम् बृहत्–

चतुःषष्टिपलं पक्वदाडिमस्य सुकुट्टितम् । चतुर्गुणं जलं दत्त्वा चतुर्भागावशेषितम् ।।२०८।।
क्वाथेन वस्त्रपूतेन घृतप्रस्थं विषाचयेत् । दाडिमं चविकाऽजाजी क्रिमिघ्नं रजनीद्वयम् ।।२०९।।
द्राक्षाखर्जूरयुञ्जातमुत्पलं गजपिप्पली । अजमोदा महाद्रेका काकोली नागरं वचा ।।२१०।।
देवाह्वाचविकाकुष्ठंकाश्मरी मधुयष्टिका । श्यामेन्द्रवारुणी मूर्वा शुभा शृङ्गीधनीयकम् ।।२११।।
कुलत्थञ्च महामेदा निम्बश्च बृहतीद्वयम् । दण्डोत्पलं वरावासा सप्तला सिन्धुवारकम् ।।२१२।।
कल्कश्चैषांयुक्तियोगाद्ग्राह्योहिपरिभाषया । प्रमेहं वातिकं हन्ति पैत्तिकं श्लैष्मिकं तथा ।।२१३।।
हृच्छूलं बस्तिजंशूलंमूत्राघातांस्त्रयोदश । हिक्कां श्वासञ्च कासञ्च यक्ष्माणं सर्वरूपिणम् ।।२१४।।
स्वरक्षयमुरोरोगं रक्तपित्तमरोचकम् । ये च प्रमेहजा रोगास्तान् सर्वान्नाशयत्यपि ।।२१५।।
दाडिमाद्यमिदं सर्वप्रमेहाणां निसूदनम् । अश्विभ्यां निर्मितं ह्येतत्प्रमेहकरिकेशरी ।।२१६।।

208-216. Dāḍimādya Ghṛitam (Major Variety):

Ingredients: Powder of ripened pomegranate seeds, water, *mūrcchita ghṛitam*, pomegranate seeds, *cavya*, black cumin, *vāyaviḍanga*, *haridrā*, *dāru haridrā*, *drākṣā*, *kharjūra*, *yunjāta*, *nīlakamala*, *gajapippalī*, *ajamodā*, *mahānimba* (barks), *kākolī*, dried ginger, *vacā*, *devadāru*, *cavya*, *kuṣṭha*, *gambhārī* (barks), *madhuyaṣṭī*, *anantamūla*, *indrayava* (roots), *mūrvā* (roots), *vanśalocana*, *śṛīngī*, coriander seeds, *kulattha*, *mahāmedā*, *nimba* (barks), lesser variety of *vyāghrī* (roots), greater variety of *vyāghrī* (roots), *danḍotpala* (a variety of *sahadevī*) (roots), *tṛiphalā* herbs, *aḍuṣā*, *saptalā* (a variety of plant *snuhī*) (roots) and *nirgunḍī* (roots).

Process of Drug-Making: Obtain 3 kg. measure powder of ripened pomegranate seeds and decoct it into water measuring four times. When the decoction is reduced to one fourth, strain the liquid. Add to this decoction, 750 ml. measure of *mūrcchita ghṛitam*. Also raise, *kalka* prepared out of the following herbs (by taking them in equal parts i.e. 5 gm. each): pomegranate seeds, *cavya*, black cumin, *vāyaviḍanga*, *haridrā*, *dāru haridrā*, *drākṣā*, *kharjūra*, *yunjāta*, *nīlakamala*, *gajapippalī*, *ajamodā*, *mahānimba* (barks), *kākolī*, dried ginger, *vacā*, *devadāru*, *cavya*, *kuṣṭha*, *gambhārī* (barks), *madhuyaṣṭī*, *anantamūla*, *indrayava* (roots), *mūrvā* (roots), *vanśalocana*, *śṛīngī*, coriander seeds, *kulattha*, *mahāmedā*, *nimba* (barks), lesser variety of *vyāghṛī* (roots), greater variety of *vyāghrī* (roots), *danḍotpal* (a variety of *sahadevī*) (roots), *tṛiphalā* herbs, *aḍuṣā*, *saptāla* (a variety of plant *snuhī*) (roots) and *nirgunḍī* (roots). Combine all of the above ingredients together and cook it on a slow heat. Thus, one can obtain the medicated *ghṛitam* called '*Dāḍimādya Ghṛitam*'. This medicine has been prescribed by Aśvinī Kumāras.

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Dosage: 6 gm.

Therapeutic benefits: This medicine has been prescribed by Aśvinī Kumāras. It eliminates *prameha* as effectively as a lion eliminates elephant.

दाडिमाद्यं घृतम् महत्–

दाडिमस्य फलप्रस्थं प्रस्थञ्च यवतण्डुलम् । कुलत्थं प्रस्थमादाय घृतप्रस्थं विपाचयेत् ।।२१७।।
शतावरीरसप्रस्थं गव्यदुग्धञ्च तत्समम् । कल्कः सार्द्धपिचुर्द्राक्षा खर्जूरं त्रिफला तथा ।।२१८।।
रेणुका चाष्टवर्गश्च देवदारु निशाद्वयम् । बिम्बीकुष्ठकमेला च विदार्यतिबला तथा ।।२१९।।
शिला त्वचमुशीरञ्च शुद्धं कृष्णाभ्रचूर्णकम् । प्रमेहान् विंशति हन्ति मूत्राघातंस्त्रयोदश ।।२२०।।
अश्मरीं मूत्रकृच्छ्रञ्च रक्तपितं सुदारुणम् । वातजं पित्तजञ्चैव शलेष्मजं सन्निपातजम् ।।२२१।।
बृंहणञ्च विशेषेण सर्वमेहहरं परम् । अश्विभ्यां निर्मितं सिद्धं दाडिमाद्यमिदं महत् ।।२२२।।

217-222: Dāḍimādya Ghṛitam (Second Major Recipe):

Ingredients: Pomegranate seeds, water, decoction of *yava*, *kulattha*, *mūrcchita ghṛitam*, cow milk, decoction or juice of plant *śaṭāvarī*, *drākṣā*, *kharjūra*, *triphalā* herbs, *hareṇukā*, all the eight herbs of4 *aṣṭavarga* group (all taken separately), *devadāru*, *haridrā*, *dāru haridrā*, *bimbi* fruits, *kuṣṭha*, smaller cardamom, *vidārī kanda*, *atibalā*, *śilājatu*, cinnamon bark, *uśīra* and purified *kṛiṣṇa abhraka*.

Process of Drug-Making: Raise 750 gm. measure of pomegranate seeds, water measuring 3 litre and boil them together till one fourth of the original amount. Likewise, raise decoction of *yava* and *kulattha* each measuring 750 ml. Also take 750 ml. measure each of *mūrcchita ghṛitam*, cow milk and decoction or juice of plant *śatāvarī*. Also take 17 gm. measure each of the following herbs : *drākṣā*, *kharjūra*, *triphalā* herbs, *hareṇukā*, all the eight herbs of *aṣṭavarga* group (all taken separately), *devadāru*, *haridrā*, *dāru haridrā*, bimbi fruits, *kuṣṭha*, smaller cardamom, *vidārī kanda*, *atibalā*, *śilājatu*, cinnamon bark, *uśīra* and purified *kṛiṣṇa abhraka*. Make a *kalka* out of these herbs and add the *kalka* to the above ingredients. Cook all of them together on a slow heat. This medicated *ghṛitam* is also called '*Mahādāḍimādya Ghṛitam*'.

Dosage: 6-12 gm. along with warm milk or water.

Therapeutic benefits: It eliminates 20 types of *prameha*, 13 types of *mūtra ghāta*, *aśmarī*, *mūtrakṛicchra*, *rakta pitta*, *sannipāta* and vitiated *vāta*, *pitta* and *kaphas*. This is a great nutrient as well. The medicine has been suggested by Aśvinī Kumāras.

(Cakradatt)

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मेहमिहिरतैलम् (धन्व.)–

पञ्चमूल्यमृताधात्रीदाडिमानां तुलां पचेत् । जलद्रोणे स्थिते पादे तैलप्रस्थं विपाचयेत् ।।२२३।।
क्षीरं तैलसम कल्कान्निम्बभूनिम्बगोक्षुरम् । दाडिमं रेणुकं बिल्वं दारुदार्वीबलाहकम् ।।२२४।।
त्रिफला तगरं द्राक्षाजम्ब्वाम्रवल्कलाभयम् । नाम्नेदं मेहमिहिरं सर्वमूत्रामयाञ्जयेत् ।।२२५।।
हस्तपादशिरोदहं दौर्बल्यंकृशतां तथा । क्षीणेन्द्रिया नष्टशुक्राः स्त्रीक्षीणाश्चापि ये नराः ।।२२६।।
तेषा बल्यं च वृष्यं च वयःस्थापनमेव च ।।२२७।।

223-227. Mehamihir Tailam:

Ingredients: *Śālaparṇī*, *pṛiśniparṇī*, lesser *vyāghrī*, bigger *vyāghrī*, *gokṣura*, *guḍūcī*, *āmalakī*, pomegranate (fruit bark), water, *mūrcchita* sesame oil, milk, *neem* barks, *kirātatikta*, *gokṣura*, pomegranate seeds, *reṇukā*, *bilva* (bark), *devadāru*, *dāru haridrā*, *mustā*, *triphalā* herbs, *tagara*, *drākṣā*, *jambū* (barks), mango (barks) and *uśīra*.

Process of Drug-Making: Coarsely compound 585 gm. measure each of *śālaparṇī*, *pṛiśniparṇī* lesser *vyāghrī*, bigger *vyāghrī*, *gokṣura*, *guḍūcī*, *āmalakī* and pomegranate (fruit bark) and boil the combination into water measuring 12 litre. When the amount is reduced to one fourth, strain the liquid. Add to the liquid, 750 ml. of *mūrcchita* sesame oil and 750 ml. of milk. Add to it, *kalka* of the following herbs taken in equal parts (i.e. 11 gm. each): *neem* barks, *kirātatikta*, *gokṣura*, pomegranate seeds, *reṇukā*, *bilva* (bark), *devadāru*, *dāru haridrā*, *mustā*, *triphalā* herbs, *tagara*, *drākṣā*, *jambū* (barks), mango (barks) and *uśīra*. Cook all of the above together so long as the water content is evaporated up. Thus obtain this medicated oil is named '*Mehamihira*'.

Method of use/Administration: It should be used in massaging.

Therapeutic benefits: The medicated oil removes all types of problems related to urine, burning sensation of hands, legs as well as head, weakness and leanness. The persons who has become lean and thin and who has lost sperms due to excessive intercourse should take this. This medicine is a great energizer and it promotes longevity.

प्रमेहमिहिरतैलम्

शतपुष्पा देवकाष्ठं मुस्तकञ्च निशाद्वयम् । मूर्वा कुष्ठं वाजिगन्धा चन्दनद्वयरेणुकम् ।।२२८।।
कटुकी मधुकं रास्ना त्वगेला ब्रह्मयष्टिका । चविका धान्यकं वत्सं पूतिकागुरुपत्रकम् ।।२२९।।
त्रिफलानलिकावालाबलाचातिबला तथा । मञ्जिष्ठा सरलं पद्मं लोध्रं मधुरिका वचा ।।२३०।।
अजाजी चोशीरं जाती वासा तगरपादुका । एतेषां कार्षिकैर्भागैस्तैलप्रस्थं विपाचयेत् ।।२३१।।

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शतावर्या रसं तुल्यं लाक्षायाश्च चतुर्गुणम् । मस्तु लाक्षारसैस्तुल्यं क्षीरं तुल्यं प्रदापयेत् ।।२३२।।
द्रवैरेतैः पचेत्तैलं गन्धं दत्त्वा यथा क्रमम् । एतत्तैलवरं श्रेष्ठमभ्यङ्गान्मारुतापहम् ।।२३३।।
विषमाख्याञ्ज्वरान्सर्वान्मेदोमज्जगतानपि । वातिकंपैत्तिकंचैवश्लैष्मिकंसान्निपातिकम् ।।२३४।।
क्षीणेन्द्रिये तथा शस्तं ध्वजभङ्गे विशेषतः । दद्यात्तैलं विशेषेण फलमस्य च कथ्यते ।।२३५।।
दाहं पित्तं पिपासाञ्च छर्द्दिञ्च मुखशोषणम् । प्रमेहान् विंशतिञ्चैव नाशयेदविकल्पतः ।
प्रमेहमिहिरं नाम्ना रतिनाथेन भाषितम् ।।२३६।।

228-236. Pramehamihira Tailam:

Ingredients: Aniseeds, *devadāru*, *mustā*, *haridrā*, *dāru haridrā*, *mūrvā* (roots), *kuṣṭha*, *aśvagandhā*, both varieties of sandalwood, *hareṇukā*, *kaṭukī*, *madhuyaṣṭī*, *rāsnā*, cinnamon barks, smaller cardamom, *brahmadaṇḍī* (*bhārgī*), *cavya*, coriander seeds, *indrayava*, *karañja* seeds, *agara*, cassia leaves, *triphalā* herbs, *nalikā*, *gandhabālā*, *balā* (roots), *atibalā* (roots), *manjiṣṭhā*, *sarala* (heartwood), *padma kāṣṭha*, *lodhra*, *madhurikā* (small variety of aniseeds), *vacā*, cumin seeds, *uśīra*, *jātīphala*, *aḍuṣā*, *tagar*, *mūrcchita* sesame oil, decoction or juice of *śatāvarī*, decoction of *lākṣā*, curd-water and milk.

Process of Drug-Making: Prepare a *kalka* by taking 12 gm. measure of each of the following: aniseeds, *devadāru*, *mustā*, *haridrā*, *dāru haridrā*, *mūrvā* (roots), *kuṣṭha*, *aśvagandhā*, both varieties of sandalwood, *hareṇukā*, *kaṭukī*, *madhuyaṣṭī*, *rāsnā*, cinnamon barks, smaller cardamom, *brahmadaṇḍī* (*bhārgī*), *cavya*, coriander seeds, *indrayava*, *karañja* seeds, *agara*, cassia leaves, *triphalā* herbs, *nalikā*, *gandhabālā*, *balā* (roots), *atibalā* (roots), *manjiṣṭhā*, *sarala* (heartwood), *padma kāṣṭha*, *lodhra*, *madhurikā* (small variety of aniseeds), *vacā*, cumin seeds, *uśīra*, *jātīphala*, *aḍuṣā* and *tagar*. Also take 750 ml. measure each of *mūrcchita* sesame oil, decoction or juice of *śatāvarī* along with 3 litre measure each of decoction of *lākṣā* and curd-water. Obtain 3 litre measure of milk as well. Combine the above *kalka* and other materials and cook them properly. The preparation should be treated with aromatic herbs. Decoct it properly and strain it into glass bottle.

Note: The aromatic herbs referred above include the following: smaller cardamom, sandalwood, *kumkuma*, *aguru*, *kakkola*, *murā*, *mānsī*, *śaṭī*, *śṛīvāsa*, *granthiparṇa*, *uśīra*, *kastūrī*, *nakhapūti*, *śailaja*, *methikā*, clove and the like.

Method of use/Administration: This oil is to be used in massaging the patient.

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Therapeutic benefits: It removes all types of rheumatic problems, all types of *viṣam jvara*, fever connected with fat and bone marrow, fever caused by vitiated *vāta*, *pitta* and *kapha* and *sannipāta*. This medicine is beneficial to the one who has weakened genetic organs and who is suffering from temperature, vitiated *pitta*, morbid thirst, vomiting, edema of mouth and 20 types of *prameha*. This medicine has been suggested by Ratināth.

देवदार्व्वरिष्टः–

तुलार्द्धं देवदारु स्याद्वासायाः पलविंशतिः । मञ्जिष्ठेन्द्रयवा दन्ती तगरं रजनीद्वयम् ।।२३७।।
रास्ना कृमिघ्नं मुस्तञ्चशिरीषंखदिरार्जुनौ । भागान् दशपलान्दद्याद्यवान्या वत्सकस्य च ।।२३८।।
चन्दनस्य गुडूच्याश्च रोहिण्याश्चित्रकस्य च । भागानष्टपलानेतानष्टद्रोणेऽम्भसः पचेत् ।।२३९।।
द्रोणशेषे कषाये च पूते शीते प्रदापयेत् । धातक्याः षोडशपलं माक्षिकस्य तुलात्रयम् ।।२४०।।
व्योषस्य द्विपलं दद्यात् त्रिजातकचतुष्पलम् । चतुष्पलं प्रियङ्गोश्च द्विपलं नागकेशरम् ।।२४१।।
सर्वाण्येतानि सञ्चूर्ण्य घृतभाण्डे निधापयेत् । मासादूर्ध्वं पिबेदेनं प्रमेहं हन्ति दुस्तरम् ।।२४२।।
बातरोगग्रहण्यर्शोमूत्रकृच्छ्राणि नाशयेत् । देवदार्वादिकोऽरिष्टो दद्रुकुष्ठविनाशनः ।।२४३।।

237-243. Devadārva Ariṣṭa:

Ingredients: *Devadāru*, *aḍuṣā*, *manjiṣṭhā*, *indrayava*, *dantī* roots, *tagara*, *haridrā*, *dāru haridrā*, *rāsnā*, *viḍanga*, *mustā*, *śirīṣa* (bark), *khadira* (bark), *arjuna* (bark), *yamānī*, *kuṣṭha* (bark), *candana*, *guḍūcī*, *kaṭukā*, *citraka* (bark), water, *dhātakī* flowers, honey, powders of dried ginger, *marica*, *pippalī*, cinnamon bark, smaller cardamom, cassia, *priyangu* and aromatic herbs.

Process of Drug-Making: Take 2335 gm. measure of *devadāru*, 950 gm. measure of *aḍuṣā* and 470 gm. measure each of *manjiṣṭhā*, *indrayava*, *dantī* roots, *tagara*, *haridrā*, *dāru haridrā*, *rāsnā*, *viḍanga*, *mustā*, *śirīṣa* (bark), *khadira* (bark) and *arjuna* (bark). Also take 375 gm. measure each of *yamānī*, *kuṣṭha* (bark), *candana*, *guḍūcī*, *kaṭukā* and *citraka* (bark). Coarsely powder all the above ingredients and decoct them in water measuring 96 litre. When the preparation is boiled down to one eighth of its original amount, strain it, add to the preparation 750 gm. of *dhātakī* flowers, 14.10 gm. of honey and 31 gm. each of the powders of dried ginger, *marica* and *pippalī*. Also add to it 62 gm. measure powders each of cinnamon bark, smaller cardamom, cassia and 187 gm. of *priyangu*. Treat the preparation with *ghṛitam* and place it in a pitcher which contains aromatic herbs. Close the pitcher through an earthen plate and seal the joints with piece of cloth wet in mud. Place the medicinal pot under ground or inside a heap of paddy husk. Remove out the same after one month and strain out the liquid.

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Method of use/Administration: This medicine is to be taken in doses of 12-25 ml. every day.

Therapeutic benefits: It cures incurable *prameha*, *vātika* (rheumatic) problems, *grahaṇī*, piles, *mūtrakṛicchra*, *dadru* and *kuṣṭha*.

(*Śārangdhar Samhitā*)

प्रमेहरोगे पथ्यानि (प. प.)–

प्राग्लङ्घनानि वमनानि विरेचनानि प्रोद्वर्त्तनानि शमनानि च दीपकानि ।
नीवारकङ्गुयववैणवकोरदूषश्यामाकजीर्णकुरुबिन्दमुकुन्दकाश्च ।।२४४।।
गोधूमशालिकलमाश्विरजाः कुलत्थमुद्गाढकीचणकयूषरसास्तिलाश्च ।
लाजाः पुरातनसुरा मधुवाट्यमण्डस्तक्रं च रासभजलं महिषीजलं च ।।२४५।।
लट्वाकपोतशशतित्तिरिलावबर्हिभृंगैणवर्त्तकशुकादिकजाङ्गलाश्च ।
शोभाञ्जनानि कुलकानि कठिल्लकानि कर्कोटकानि तलकानि च बार्हतानि ।।२४६।।
औदुम्बराणि लशुनानि नवीनमोचंपत्तूरगोक्षुरकमूषिकपर्णिशाकम् ।
मन्दारपत्रममृतात्रिफलाकपित्थंजम्बूः कशेरुकमलोत्पलकन्दबीजम् ।।२४७।।
खर्जूरलाङ्गलिकतालतरूत्तमाङ्गंव्योषं च तिन्दुकफलं खदिरः कलिङ्गः ।
तिक्तानि चापि सकलानि कषायकाणि हस्त्यश्ववाहनमतिभ्रमणं रवित्विट् ।।२४८।।
व्यायाम इत्यपि गणो भवति प्रकामंमित्रं प्रमेहगदपीडितमानवानाम् ।।२४९।।

244-249. Once the symptoms of *prameha* disease are clear, one should first have *langhaṇa* (fasting), vomiting, *virecana* (purgation) therapies. Apart from this, one should also take appetizer meals and herbs. Massaging should also be applied to the patient. The following eatables are helpful in case of *prameha*: *nivar*, *kangu*, barley, soft bamboos, wild variety of *kulattha*, *mukundaka* variety of rice, old wheat grains, *śāli* variety of rice, *kalma* variety of rice, *yūṣa* of pulses of the *kulattha*, *mudga* and pigeon pea, *lājā* of paddy, old liquor, honey, *vaṭyamanḍa* (*manḍa* prepared by cooking barley in water measuring four times), buttermilk, urine of an ass, urine of a buffalo, pigeon, rabbit, partridge, *lava*, peacock, *bhṛingarāja* bird, deer, duck, parrot, drum sticks (*śobhāñjana*), *paṭola*, *kāravellaka*, *karkoṭa*, palm fruit, *vyāghrī* fruit, *udumbara* fruit, garlic pearls, fresh banana fruits, leaves of *pattūra*, *mūṣākarṇī* and *arka*, *guḍūcī*, *triphalā* herbs, *kapittha*, *jambū*, *kaśeru*, *kamala*, *kamala kanda*, *kamala utpala*, *kharajūra*, *trikaṭu* herbs, *tindika phalā*, *khadira* and water melon. Riding elephants and horse is also helpful. So are walking excessively, wandering under the sun, excising and wrestling.

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प्रमेहेऽपथ्यानि–

मूत्रवेगं धूमपानं स्वेदं शोणितमोक्षणम् । सदासनं दिवानिद्रा नवान्नानि दधीनि च ।।२५०।।
आनूपमांसंनिष्पावं पिष्टान्नानि च मैथुनम् । तुम्बीं तालास्थिमज्जानं विरुद्धान्यशनानि च ।।२५१।।
कूष्माण्डमिक्षुं दुष्टाम्बु स्वाद्वम्ललवणानि च ।।२५२।।
अभिष्यन्दीनि यत्नेन प्रमेही परिवर्जयेत् ।।२५३।।

250-253. Prohibitions: The patient, suffering from *prameha*, should avoid hoilding the urge to urinate, smoking, fomentation and bloodletting therapies, remaining seated by side of the soft cushions, sleeping during the day hours and indulging in intercourse. He should also not take curd in large quantity, fresh cereals, date fruits, incomptiable food items, ash gourd, sugar cane juice, contaminated water, salty, oily pastries, laxative stuff and meat of the animals from aquatic regions.

इति भैषज्यरत्नावल्यां प्रमेहचिकित्साप्रकरणम् ।।३७।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां प्रमेहचिकित्साप्रकरणम् ।।३७।।

End of the Chapter 37 of Bhaiṣajya Ratnāvalī with Commentary

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अथ प्रमेहपिडकाचिकित्साप्रकरणम् ३८

Chapter 38
Prameha Pīḍaka (Carbuncle)

प्रमेहपिडकाचिकित्सा (भा. प्र.)–

प्रमेहपिडकानां प्राक् कार्यं रक्तावसेचनम् । पाटनं चातिपक्वानां तासां पाने प्रशस्यते ।।१।।
क्वाथो वनस्पतेर्बस्तिं मूत्रं तीक्ष्णं च शोधनम् । एलादिकेन कल्केन तैलं च व्रणरोपणम् ।।२।।
आरग्वधादिना क्वाथं कुर्यादुद्वर्त्तनानि च । शालसारादिना सेकान् भोज्यादींश्चणकादिना ।।३।।

1-3. In the cases of carbuncle, first of all bloodletting should be applied. If the boils have become ripe, it is advisable to operate them surgically. The patients should drink the decoction of the leaves of the banyan tree or the like. The boils should be cleaned up using strong liquids like the urine of a she-goat. The boil should be subsequently dressed up with the oil cooked along with the herbs of the *Elādi* group. The patients should also apply as ointment the decoction of the *Araghavadhādi* group's herbs. He should also consume the same decoction as well. Similarly, the decoction the *śālasarādi* group's herbs can be used as ointment. The patients suffering from carbuncle should take grams in his meal.

मुद्गपर्ण्यादिक्वाथः–

मुद्गपर्णी माषपर्णी त्रिवृदारग्वधः शटी । वृद्धदारकबीजं च नीलिन्येला हरीतकी ।।४।।
श्यामाऽनन्तादेवपुष्पमित्येषांसाधु साधितः । क्वाथो हन्यात्प्रमेहोत्थाः पिडकाः क्षिप्रमेव हि ।।५।।

4-5. Mudgaparnyādi Kvātha:

Ingredients: *Mudgaparṇī*, *māṣaparṇī*, *niśotha*, *āragvadha*, *śaṭī*, *vṛiddhadāruka*, *nīli*, smaller cardamom, *harītakī*, *śārivā* (black variety as well as the white variety), clove and water.

Process of Drug-Making: Obtain in equal parts the herbs *mudgaparṇī*, *māṣaparṇī*, *niśotha*, *āragvadha*, *śaṭī*, *vṛiddhadāruka*, *nīli*, smaller cardamom, *harītakī*, *śārivā* (black variety as well as the white variety) and clove. Mix them, coarsely powder a measure of 25 gm. of these herbs, and boil the powder in water sixteen times greater (400 ml.). Boil the preparation till it is reduced to one-eighth of the original. Strain the liquid drug.

Method of use/Administration: Drink the decoction along with honey.

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Therapeutic benefits: It cures the carbuncle very fast.

अनन्तादिक्वाथः–

अनन्तां शारिवां द्राक्षां त्रिवृतां स्वर्णपत्रिकाम् । कट्वीं हरीतकीं वासां पिचुमर्दं निशायुगम् ।।६।।
बीजं गोक्षुरजं चापि क्वाथयित्वाजलं पिबेत् । नाशं यान्ति प्रमेहोत्था अनेन पिडका ध्रुवम् ।।७।।

6-7. Anantādi Kvātha:

Ingredients: *Anantā*, *śārivā*, pomegranate, *tṛivṛit*, *savarṇapatṛika*, *kuṭakī*, *harītakī*, *vāsā*, the bark of *neem* tree, turmeric, *dāru haridrā*, seeds of *gokṣura* and water.

Process of Drug-Making: Obtain in equal parts the *anantā*, *śārivā*, pomegranate, *tṛivṛit*, *savarṇapatṛika*, *kuṭakī*, *harītakī*, *vāsā*, the bark of *neem* tree, turmeric, *dāru haridrā*, and the seeds of *gokṣura*. Mix them, coarsely powder a measure of 25 gm. of these herbs, and boil the powder in water sixteen times greater (400 ml.). Boil the preparation till it is reduced to one-eighth of the original. Strain the liquid drug.

Method of use/Administration: Drink the decoction along with honey.

Therapeutic benefits: It cures carbuncle biles.

लेपनम्–

क्षीरमौदुम्बरं यत्नाद्वाकुचीं च प्रयोजयेत् । पिटिकासु समस्तासु लेपनं संप्रशान्तये ।।८।।

8 The powder of the herb *vākucī* (20 gm.) mixed into the latex of *udumbara* tree (20 gm.) should be applied over the boils carefully. It cures them.

न्योग्रोधकादि चूर्णं च प्रमेहोक्तं प्रयोजितम् । प्रमेहपिडकास्वाशु सुखदं ननु निश्चितम् ।।९।।

9. The drug *Nyagrodhakādi Cūrṇa* as prescribed in the chapter on *Prameha* should be taken daily in doses of 3 gm. each along with water in morning as well as evening. This is capable to cure all types of the carbuncle biles. This is a tested medicine.

गन्धकयोगः–

गन्धकं गुडसंयुक्तं कर्ष भुक्त्वापयः पिबेत् । विंशतिस्तेन नश्यन्ति प्रमेहाः पिडका अपि ।।१०।।

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10. Twenty types of the *prameha* disorders and carbuncles are cured by taking purified sulphur in 2 gm. measure mixed into raw sugar (10 gm.). The intake of this drug should be followed by the intake of milk.

शारिवादिलौहम्–

शारिवा नीलिनीरास्ना गुडूच्येला च चित्रकः । माणशूरणशङ्खिन्यस्त्रिवृद्भल्लातकाभयाः ।।११।।
एभिर्युतमयो हन्ति प्रमेहपिडका दश । वातरक्तं षडर्शांसि त्वग्गदान्निखिलानपि ।।१२।।

11-12. Śārivādi Lauham:

Ingredients: *Śārivā*, *nīlinī*, *rāsnā*, *guḍūcī*, cardamom, *citraka* (its bark), *mānakanda*, *śūraṇakanda*, *śankhapuṣpī*, *tṛivṛita*, purified *bhallātaka*, *harītakī* and iron-*bhasma*.

Process of Drug-Making: Take equal parts of the *śārivā*, *nīlinī*, *rāsnā*, *guḍūcī*, cardamom, *citraka* (its bark), *mānakanda*, *śūraṇakanda*, *śankhapuṣpī*, *tṛivṛita*, purified *bhallātaka* and *harītakī*. Obtain iron-*bhasma* of their combined weight. Powder and mix each of them thoroughly.

Method of use/Administration: Take 500 mg. measure of the powder daily along with milk.

Therapeutic benefits: It cures biles of carbuncle, the *vāta rakta*, six types of piles as well as all kinds of the skin disorder.

मकरध्वज–

सिन्दूरं हेम लोहञ्च देवपुष्पं सचन्द्रकम् । जातीफलं मृगमदं चैकत्र परिमर्दयेत् ।।१३।।
पर्णाम्भसा ततः कुर्याद्वटिकां वल्लसंमिताम् । सेवितश्छागपयसा प्रमेहांस्तत्कृतान् गदान् ।।१४।।
क्लैब्यं धातुक्षयं कासं जीर्णं च विषमज्वरम् । रसोऽयं क्षपयेत्तूर्णं मकरध्वजसंज्ञकः ।।१५।।

13-15. Makara Dhvaja:

Ingredients: *Rasa sindūra*, *svarṇa bhasma*, *lauha bhasma*, clove, camphor, *jātīphala*, musk (deer) and juice of the betel leaves.

Process of Drug-Making: Take the *rasa sindūra*, *svarṇa bhasma*, *lauha bhasma*, clove, camphor, *jātīphala*, musk (deer) in equal amount and powder them thoroughly. Process them in the juice of the betel leaves and prepare small pills measuring 375 mg. each out of the mixture and dry them in shadow.

Method of use/Administration: This drug named *Makara Dhvaja* should be taken along with the milk of goat in the morning as well as in the evening.

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Therapeutic benefits: It cures one from the diseases like the *prameha pīḍaka*, bronchitis, *viṣam jvara*, impotency, less of strength, etc.

वृहच्छ्यामादिघृतम्–

श्यामा बला वरा पद्मं विदारी नीलमुत्पलम् । अष्टवर्गञ्च मधुकमश्वगन्धा शतावरी ।।१६।।
अजमोदा हरिद्रे द्वे मञ्जिष्ठा चन्दनद्वयम् । द्राक्षा प्रसारणीमूलं सविश्वा कटुरोहिणी ।।१७।।
एषां कर्षमितैर्भागैर्घृतं प्रस्थं पचेद्भिषक् । श्यामाशतावरीक्षूणां विदार्याः स्वरसं तथा ।।१८।।
छागीपयश्च तत्तुल्यं दत्त्वा मन्देन वह्निना । सिद्धमेतद् घृतं पात्रे स्थापयेदथ मृन्मये ।।१९।।
प्रमेहांस्तत्कृतान्व्याधीन्क्लीबतां वातशोणितम् । शुक्रक्षयं रक्तपित्तं हृद्रोगं धातुशोषणम् ।।२०।।
नाशयेन्नात्र सन्देहः श्यामाघृतमिदं बृहत् । बालानां पुष्टिजननं गर्भदोषहरं मतम् ।।२१।।

16-21. Vṛihacchyāmādi Ghṛitam:

Ingredients: *Śyāmā*, *balā*, *triphalā*, *kamala puṣpa*, *vidārī kanda*, *nīlakamala*, *ṛiddhi*, *vṛiddhi*, *medā*, *mahāmedā*, *kākolī*, *kṣīra kākolī*, *jīvaka*, *ṛiṣabhaka*, *madhuka*, *aśvagandhā*, *śatāvara*, *ajamodā*, *haridrā*, *dāru haridrā*, *manjiṣṭhā*, both kinds of sandalwood, raisin, the roots of *prasāriṇī*, dried ginger, *kaṭukā*, water, *mūrcchita ghṛitam*, decoction of *śyāmā*, juice or decoction of *śatāvarī* and goat's milk.

Process of Drug-Making: Take 12 gm. measure each of the following herbs: *śyāmā*, *balā*, *triphalā*, *kamala puṣpa*, *vidārī kanda*, *nīlakamala*, *ṛiddhi*, *vṛiddhi*, *medā*, *mahāmedā*, *kākolī*, *kṣīra kākolī*, *jīvaka*, *ṛiṣabhaka*, *madhuka*, *aśvagandhā*, *śatāvara*, *ajamodā*, *haridrā*, *dāru haridrā*, *manjiṣṭhā* and both kinds of sandalwood, raisin, the roots of *prasāriṇī*, dried ginger, and *kaṭukā*. Prepare a water based *kalka* of these substances and pour them into *mūrcchita ghṛitam* measuring 750 gm. Add to this preparation the decoction of *śyāmā*, the juice or decoction of *śatāvara* and the goat's milk each in 750 ml. measure as well as water in 750 ml. measure. Cook the preparation on a slow heat. Strain the *ghṛitam* through cloth and preserve it into a clean jar.

Method of use/Administration: This drug called *Vṛihacchyāmādi Ghṛitam* should be taken along with the milk in morning as well in evening in a dose of 6-12 gm.

Therapeutic benefits: This medicine is capable to cure such diseases as the *prameha* (urinary disorders) impotency, gout, loss of sperms, *rakta pitta*, heart diseases and others. This drug makes the children hale and hearty and checks all kinds of the ailments related to the womb.

शारिवाद्यासवः–

शारिवांमुस्तकंलोध्रंन्यग्रोधंपिप्पलं शटीम् । अनन्तां पद्मकं बालं पाठां धात्रीं गुडूचिकाम् ।।२२।।

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उशीरं चन्दनाद्वन्द्वं यमानीं कटुरोहिणीम् । पत्रमेलाद्वयं कुष्ठं स्वर्णपत्रीं हरीतकीम् ।।२३।।
एषां चतुष्पलान्भागान्सूक्ष्मचूर्णीकृताञ्छुभान् । जलद्रोणद्वयेक्षिप्त्वा दद्याद् गुडतुलात्रयम् ।।२४।।
पलानि दश धातक्या द्राक्षां पष्टिपलांतथा । मासंसंस्थापयेद्भाण्डे स्निग्धे च मृन्मये शुभे ।।२५।।
शारिवाद्यासवस्यास्य पानान्मेहाश्चविंशतिः । शराविकादयःसर्वाः पिडकास्तत्कृताश्च याः ।।२६।।
औपदंशिकरोगाश्च वातरक्तं भगन्दरम् । सर्व एते शमं यान्ति व्याधयो नात्र संशयः ।।२७।।

22-27. Śarivādya Āsava:

Ingredients: Black variety of *śārivā*, *mustaka*, *lodhra*, bark of the banyan and *pīpala* trees, *śaṭī*, *anantamūla*, *padmaka*, *netrabālā*, *pāṭhā*, *dhātrī*, *guḍūcī*, *uśīra*, both kinds of sandalwood, caraway seeds, *kaṭukī*, cassia leaves, both kinds of the cardamom, *kuṣṭha*, *sūraṇa patrī*, *harītakī*, water, raw sugar, powder of the leaves of *dhātakī* and raisin.

Process of Drug-Making: Obtain 187 gm. measure each of the following herbs: black variety of *śārivā*, *mustaka*, *lodhra*, bark of *banyan* and *pīpala* trees, *śaṭī*, *anantamūla*, *padmaka*, *netrabālā*, *pāṭhā*, *dhātrī*, *guḍūcī*, *uśīra*, both kinds of sandalwood, caraway seeds, *kaṭukī*, cassia leaves, both kinds of the cardamom, *kuṣṭha*, *sūraṇa patrī* and *harītakī*. Prepare a fine powder of all of them mixed together. Pour them into water measuring 12½ litre. Add to it 7.50 kg. of raw sugar and 500 gm. of the powder of the leaves of *dhātakī*, and raisin measuring 600 gm. This preparation should be kept in closed earthen pot coated with *ghṛitam* from inside. This pot should be left untouched for one month. Subsequently the preparation should be stored in different jars.

Therapeutic benefits: This medicine named *Śarivādya Āsava* cures one from such diseases as twenty kinds of *prameha*, carbuncle, fistula and related ailments, gout and the like.

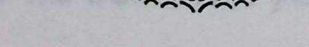
प्रमेहपिडकायां त्याज्यानि–

पानमन्नमभिष्यन्दि रूक्षं तीक्ष्णं च दुर्जरम् । वेगरोधं व्यवायं च व्यायामं निशि जागरम् ।।२८।।
सुरां सुतीक्ष्णं मत्स्यं च पलाण्डुं च रसोनकम् । त्यजेत्सूर्याग्निसंतापं प्रमेहपिडकातुरः ।।२९।।

28-29. The patients suffering from the carbuncle or *prameha pīḍaka* should avoid the following: heavy meals, the meals that block the *srotas* (the body fluids), bitter and hot eatables, onions and garlic, fishes and liquor. He should also avoid indulgence in excessive intercourse, exposure to fire and sun, hard exercises, remaining awake till late in nights and the like.

इति भैषज्यरत्नावल्यां प्रमेहपिडकाचिकित्साप्रकरणम् ।।३८।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायांप्रमेहपिडकाचिकित्साप्रकरणम् ।।३८।।

End of the Chapter 38 of Bhaiṣajya Ratnāvalī with Commentary



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अथ मेदोरोगचिकित्साप्रकरणम् ३९

Chapter 39
Medo Roga

स्थौल्यघ्नाः श्रमादयो भावाः–

श्रमचिन्ताव्यवायाध्वक्षौद्रजागरणप्रियः । हन्त्यवश्यमतिस्थौल्यं यवश्यामाकभोजनैः ।।१।।

1. Persons indulging in physical exercise, worry, sexual intercourse, long walk, intake of honey, remaining awake at night and taking *yava* and *śyāmaka* as food gets rid of obesity.

(Cakradatt)

स्थौल्यनाशायास्वप्नादीनां क्रमशो वर्द्धनम्–

अस्वप्नञ्च व्यवायञ्च व्यायामं चिन्तनानि च । स्थौल्यमिच्छन् परित्यक्तुं क्रमेणातिप्रवर्द्धयेत् ।।२।।

2. If the patient wants to be free from obesity, then he should gradually increase *asavapna* (remaining awake at night), sexual intercourse, physical exercise and mental activities.

(Cakradatt)

मधुमण्डयोः प्रयोगः–

प्रातर्मधुयुतं वारि सेवितं स्थौल्यनाशनम् । उष्णमत्रस्य मण्डं वा पिबन् कृशतनुर्भवेत् ।।३।।

3. Intake of water (100 ml.) mixed with honey (25 gm.) in the morning decreases obesity. If a person takes hot *maṇḍa* (scum) of the rice which comes out during boiling it along with *vyoṣa*, then he becomes thin (free from obesity).

(Cakradatt)

चव्यादिशक्तुप्रयोगाः–

सचव्यजीरकव्योषहिङ्गुसौवर्चलानलाः । मस्तुना शक्तवः पीता मेदोघ्ना वह्निदीपनाः ।।४।।

4. Take in equal parts the *cavya*, *jīraka*, *vyoṣa*, *hingu*, *sauvarcala* and *citraka*. Get a fine powder out of their mix. Intake of this powder (2 gm.) and *saktu* (roasted corn-flour) (2 gm.) along with buttermilk reduces obesity and stimulates the power of digestion.

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व्योषाद्यशक्तुप्रयोगः–

व्योषं विडङ्गशिग्रूणि त्रिफलां कटुरोहिणीम् । बृहत्यौ द्वे हरिद्रे द्वे पाठामतिविषां स्थिराम् ।।५।।
हिङ्गु केबुकमूलानि यमानीं धान्यचित्रकम् । सौवर्चलमजाजीञ्च हवुषाञ्चेति चूर्णयेत् ।।६।।
चूर्णतैलघृतक्षौद्रभागाः स्युर्मानत समाः । शक्तूनां षोडशगणो भागः सन्तर्पणं पिबेत् ।।७।।
प्रयोगात्तस्य शाम्यन्ति रोगाः सन्तर्पणोत्थिताः । प्रमेहा मूढवाताश्च कुष्ठान्यंशांसि कामलाः ।।८।।
प्लीहपाण्ड्वामयः शोथो मूत्रकृच्छ्रमरोचकः । हृद्रोगे राजयक्ष्मा च कासश्वासौ गलग्रहः ।।९।।
क्रिमयो ग्रहणीदोषाः श्वित्रं स्थौल्यमतीव च । नराणां दीप्यते चाग्निः स्मृतिर्बुद्धिश्च वर्द्धते ।।१०।।

5-10. Vyoṣādya Saktu:

Ingredients: *Vyoṣa*, *viḍanga*, *śigru*, *triphalā*, *kaṭu rohiṇī*, *bṛihatī*, *kañṭakārī*, *haridrā*, *dāru haridrā*, *pāṭhā*, *ativiṣā*, *sthirā*, *hingu*, root of *kebuka*, *yamānī*, *dhānya*, *citraka*, *sauvarcala*, *ajājī*, *havuṣā*, oil, *ghṛitam*, honey and *saktu* (roasted corn flour).

Process of Drug-Making: Take equal parts (i.e. 5 gm. each) of the following: *vyoṣa*, *viḍanga*, *śigru*, *triphalā*, *kaṭu rohiṇī*, *bṛihatī*, *kañṭakārī*, *haridrā*, *dāru haridrā*, *pāṭhā*, *ativiṣā*, *sthirā*, *hingu*, root of *kebuka*, *yamānī*, *dhānya*, *citraka*, *sauvarcala*, *ajājī* and *havuṣā*. Compound these materials into a powder. Sieve and store it in a glass jar. Combine this powder with 10 gm. each of oil, *ghṛitam*, honey and 90 gm. of *saktu* (roasted corn flour).

Method of use/Administration: Consume this medicinal mix by dissolving it into water.

Therapeutic benefits: Drinking this medicine regularly would cure diseases like obesity that has been caused by excessive intake of nutritious meals and by *satarpaṇa* (heavy and oily edibles). It also checks such ailments like *prameha* (urinary disorders including diabetes), *mūḍha vāta*, *kuṣṭha* (skin diseases including leprosy), piles, jaundice, spleen related disorder, anemia, edema, dysurea, anorexia, heart disease, tuberculosis, coughs, dyspnoea, obstruction in throat, parasitic infestation, *grahaṇī doṣa* (sprue syndrome), feeling cold in the body and excessive obesity, it promotes the digestive power, memory as well as intellects of the users.

(Cakradatt)

विडङ्गादिचूर्णम्–

विडङ्गनागरक्षारकाललौहरजो मधु । यवामलकचूर्णन्तु प्रयोगः स्थौल्यनाशनः ।।११।।

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11. Viḍangādi Cūrṇam:

Ingredients: Powder of *viḍanga*, *nāgara*, *yavakṣāra*, *kāla lauha bhasma*, powders of *yava* and *āmalakī*.

Process of Drug-Making: Take 12 gm. each of powder of *viḍanga*, *nāgara* and *yavakṣāra*, *kāla lauha bhasma* and powders of *yava* and *āmalakī*. Combine them together.

Method of use/Administration: Take this medicinal powder in doses of 2-4 gm. along with honey during morning and evening everyday.

Therapeutic benefits: It cures obesity.

(Cakradatt)

स्थौल्यहरी पेयाऽग्निमन्थक्वाथश्च–

बदरीपत्रकल्केन पेया काञ्जिकसाधिता । स्थौल्यनुत्स्यात्साग्निमन्थरसं वाऽपि शिलाजतु ।।१२।।

12. *Peya* (thin gruel without containg any grains in it) cooked along with the *kalka* of the leaves of *badarī* (25 gm.) and *kānji* (a type of vinegar) (1 litre) cures obesity. Similarly, the juice of *agnimantha* (50 ml.) and *śilājātu* (500 mg.)cures obesity.

(Cakradatt)

शिरीषादिप्रघर्षः पत्रादिप्रदेहश्च–

शिरीषलामज्जकहेमलोध्रैस्त्वग्दोषसंस्वेदहरः प्रघर्षः
। पत्राम्बुलोहाभयचन्दनानि शरीरदौर्गन्ध्यहरः प्रदेहः ।।१३।।

13. The patient suffering from skin diseases and excess of sweating should use over his body, the unction prepared out of the powder of *śirīṣa*, *lāmajjāka*, *hemā* (*nāga keśara*) and *lodhra*. He should also use the thick ointment of cassia leaves, *ambu*, *lauha bhasma*, *abhayā* and *candana*.

(Cakradatt)

गात्रदौर्गन्ध्यनाशनौ लेपौ–

वासादलरसो लेपाच्छङ्खचूर्णेन संयुतः । बिल्वपत्ररसो वाऽपि गात्रदौर्गन्ध्यनाशनः ।।१४।।

14. Application of the ointment of *śankha bhasma* (1 gm.) and the juice (50 ml.) of *vāsaka* leaves or the juice of *bilva* leaves removes foul smell of the body.

(Cakradatt)

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हरीतक्यादिप्रलेपः–

हरीतकीलोध्रमरिष्टपत्रं चूतत्वचो दाडिमवल्कलं च ।
एषोङ्गऽराग:कथितोऽङ्गनानां जङ्घाकषायश्चनराधिपानाम् ।।२५।।

15. Harītakyādi Pralepa:

Ingredients: *Haraḍa*, *lodhra*, *neem* leaves, inner bark of mango tree and peel of pomegranate.

Process of Drug-Making: Take equal parts of *haraḍa*, *lodhra*, *neem* leaves, inner bark of mango tree, peel of pomegranate. Ground them together and sieve the powder.

Method of use/ Administration and Therapeutic benefits: Depending on the body part, take adequate quantity of this powder and prepare a *kalka* out of them using water. Application of this *kalka* in measure of 6-25 gm. would make female's face and other parts glow.The royalty who does excessive riding of elephant and horse tend to have discoloured patches on the bark around thighs and buttocks. Application of the above mentioned *kalka* on these parts would help in getting rid of such disorder. Since it is used for pasting around thighs, it is known as *kāṣāya* of thighs.

(Cakradatt)

हरितालादियोगः–

गोमूत्रपिष्टं विनिहन्ति कुष्ठं वर्णोज्जवलं गोपयसाचयुक्तम् ।
कक्षादिदौर्गन्ध्यहरं पयोभिःशस्तं वशीकृद्रजनीद्वयेन ।।१६।।

16. Haritālādi Yoga:

Ingredients: Purified *haritāla* and cow urine.

Process of Drug-Making: Compound purified *haritāla* along with cow urine.

Method of use/Administration: Coat the body with this *kalka*. If used along with cow milk the same recipe checks bad odour of the armpit. If *haritāla*, *haridrā* and *dāru haridrā* are compounded along with cow milk into a *kalka* and applied to the forehead, it attracts the females towards the male users.

Therapeutic benefits: This coating cures *kuṣṭha* disease.

(Cakradatt)

देहदौर्गन्ध्यनाशनो योगः–

चिञ्चापत्रस्वरसप्रक्षितकक्षादियोजितं जयति । पुटदग्धहरिद्रोद्वर्त्तनमचिराद्देहदौर्गन्ध्यम् ।।१७।।

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17. The *kalka* of *haridrā* added with the juice or *kalka* of the leaves of *cincā* should be used as unction (*udvartana*) all over the body. It instantaneously removes the foul smell of the body.

(Cakradatt)

दलजलादिलेपः–

दलजललघुमलयाभयविलेपोहरतिदेहदौर्गन्ध्यम्।विमलारनालसहितंपीतमिवालम्बुषाचूर्णम् ।।१८।।

18. Application of the *kalka* of *dalajala* (*lajjālu*), *malaya* (*candana*) and *abhayā* removes foul smell of the body. Intake of the powder of *alambuṣa* along with pure *aranāla* (a type of vinegar) also removes foul smell of the body.

(Cakradatt)

पुटपाकविधानम्–

कर्कशदलवह्निसलिलंशतपुष्पाहिङ्गुसंयुतम् । पुटकेनिहन्ति नियतं सर्वभवां मेदसां वृद्धिम् ।।१९।।

19. Take 4 gm. each of *paṭola patra* (*karkaśadala*), bark of *citraka*, *netrabālā* and aniseeds along with 125 mg. measure of *hingu* fried in *ghṛitam*. Ground them together in water and make a *kalka* out of it. Put the *kalka* on leaves and wrap it with wet cloth. Seal it with a coating of thin mud layer. Put this pack in the middle of fire. When the upper part of the *puṭa* is burned, remove out the *puṭa* from the fire. Take out the medicine and obtain juice of the same. Consume this medicine along with honey to alleviate all types of obesity problems.

(Vangasen)

एरण्डक्षारप्रयोगः–

क्षारं वातारिपत्रस्य हिङ्गुयुक्तं पिबेन्नरः । मेद्रोवृद्धिविनाशाय भक्तं मण्डसमन्वितम् ।।२०।।

20. Burn *eraṇḍa* leaves and prepare *kṣāra* out of it. Consume 1 gm. measure of this *kṣāra* with *hingu* (fried in *ghṛitam*) measuring 500 mg. Such intake is very helpful in curing obesity. One can also eat rice containing the *maṇḍa* (water which gets boiled while cooking rice).

(Vangasen)

शैलेयाद्युद्वर्त्तनम् (भा. प्र.)–

शैलेयकुष्ठागुरुदेवदारुकौन्तीसमुस्तान्यथपञ्चपत्रैःश्रीवासपृक्काखरपुष्पदेवपुष्पंतथासर्वमिदंप्रपिष्य ।।
धत्तूरपत्रस्य रसेन गाढमुद्वर्त्तनं स्थौल्यहरं प्रदिष्टम् ।।२१।।

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21. Obtain equal parts of *śaileya*, *kuṭaja*, *agara*, *devadāru*, *hareṇukā*, *mustā*, *pañca pallava* (i.e. leaves of mango, *jambūa*, *kapittha*, *jambīra* lemon and *bilva*), *sarala kāṣṭha*, *spṛikka* (a kind of leafy vegetable), *kharpuṣpa* (*tulasī*) and *mūrvā* and clove. Ground all these materials into a powder. Take 25 gm. of this powder along with juice of *dhatūra* leaves measuring 50 ml. and pulverize on them together on a stone slab to obtain *kalka* out of it. Apply this *kalka* on body parts in order to check obesity and foul body odour.

(*Bhāvaprakāśa*)

विडङ्गाद्यं लौहम्–

विडङ्गत्रिफलामुस्तैः कणानागरकेण च । बिल्वचन्दनह्रीबेरं पाठोशीरं तथा बला ।।२२।।
एषां सर्वसमं लौहं जलेन वटिका शुभा । घृतयोगेन कर्त्तव्या माषैका वटिका शुभा ।।२३।।
अनुपानं प्रयोक्तव्यं लौहस्याष्टगुणं पयः । सर्वमेदोहरं बल्यं कान्त्यायुर्बलवर्द्धनम् ।।२४।।
अग्निसन्दीपनकरं वाजीकरणमुत्तमम् ।।
सोमरोगं निहन्त्याशु भास्करस्तिमिरं यथा । विडङ्गाद्यमिदं लौहं सर्वरोगनिसूदनम् ।।२५।।

22-25. Viḍangādyam Lauham:

Ingredients: *Vāyaviḍanga*, *haraḍa*, *vibhītaka*, *āmalakī*, *mustā*, *pippalī*, dried ginger, bark of *bilva* along with pulp of its dried fruit, white sandalwood, *sugandhabālā*, *pāṭhā*, *uśīra*, root of *balā*, *lauha bhasma* and water.

Process of Drug-Making: Take equal parts of the following materials in powdered form: *vāyaviḍanga*, *haraḍa*, *vibhītaka*, *āmalakī*, *mustā*, *pippalī*, dried ginger, bark of *bilva* along with pulp of its dried fruit, white sandalwood, *sugandhabālā*, *pāṭhā*, *uśīra* and root of *balā*. Also take *lauha bhasma* equal to the combined weight of all the above materials i.e. 13 parts. Triturate both these compounds with water. Apply *ghṛitam* to the palms and prepare by the same hands pills measuring 1 gm. each. Dry these pills and store them in glass bottle.

Method of use/Administration: This *Viḍangādi Lauha* is to be taken daily in doses of one pill to two pills. *Śṛitaśita* milk is to be taken as *anupāna*.

Therapeutic benefits: This medicine is very useful in curing all types of *prameha* (i.e. urinary disorders including diabetes) and *somrogas* among the females. It promotes strength, glow, longevity digestive power and aphrodisiac power to the user. If taken with proper *anupānas*, this medicine can cure all the diseases.

(Cakradatt)

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त्र्यूषणाद्यं लौहम्–

त्र्यूषणं विजयाचव्यचित्रकं बिडमौद्भिदम् । वागुजी सैन्धवञ्चैव सौवर्चलसमन्वितम् ।।२६।।
अयश्चूर्णेन संयुक्तं भक्षयेन्मधुसर्पिषा । स्थौल्यापकर्षणं श्रेष्ठं बलवर्णाग्निवर्द्धनम् ।।२७।।
मेहघ्नं कुष्ठशमनं सर्वव्याधिहरं परम् ।।२८।।
नाहारयन्त्रणा कार्या न विहारे तथैव च । त्र्यूषणाद्यमिदं लौहं रसायनवरोत्तमम् ।।२९।।

26-29. Tryūṣṇādyam Lauham:

Ingredients: *Tryūṣṇā* herbs, purified *vijayā*, *cavya*, *viḍa lavaṇa*, *audbhida lavaṇa*, *vākucī*, rock salt, *sauvarcala* salt and *lauha bhasma*.

Process of Drug-Making: Take one part each of the *tryūṣṇā* herbs, purified *vijayā*, *cavya*, *viḍa lavaṇa*, *audbhida lavaṇa*, *vākucī*, rock salt, and *sauvarcala* salt. Ground all these materials into powder. Obtain *lauha bhasma* equal to the combined weight of the above materials i.e. 11 parts and triturate all the materials together. Preserve the powder in a glass bottle.

Method of use/Administration: This *Tryūṣaṇādi lauha* is to be taken daily in doses of 500 mg. to 1 gm. mixing with 6 gm. measure of honey and 12 gm. measure of *ghṛitam*.

Therapeutic benefits: This medicine would help in checking *prameha* (i.e. urinary disorders including diabetes), *kuṣṭha* (skin diseases including leprosy) and the like. It also promotes complexion, digestive and power and strength of body by correcting disordered obesity.

(*Rasendra Sār Sangraha*)

बडवाग्निलौहम् (र. सा. सं.)–

सूतभस्म सतालञ्च लौहं ताम्रं समं समम् । मर्दयेत्सूर्यपत्रेण चास्य वल्लं प्रयोजयेत् ।।३०।।
मधुना स्थूलरोगे च शोथे शूले तथैव च । मध्वाज्यमनुपानञ्च देयं वाऽपि कफोल्वणे ।।३१।।

30-31. Baḍavāgni Lauham:

Ingredients: *Rasa sindūra*, purified *haritāla*, *lauha bhasma*, *tāmra bhasma* and juice of mango leaves.

Process of Drug-Making: Take equal parts of *rasa sindūra*, purified *haritāla*, *lauha bhasma* and *tāmra bhasma*. Ground them properly and triturate the mix along with juice of mango leaves. Dry the same and fill it in a glass bottle.

Method of use/Administration: This *Baḍavāgni Lauham* is to be taken daily in doses of 375 gm. and in cases of the *kapha* dominated *śotha* and *śūla*, the

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medicine is to be taken with 6 gm. measure of honey and 12 gm. measure of *ghṛitam*.

Therapeutic benefits: This medicine helps in alleviating obesity, *śotha* and *śūla*.

(*Rasendra Sār Sangraha*)

लौहरसायनम्–

गुग्गुलुस्तालमूलीचत्रिफलाखदिरंवृषम् । त्रिवृताऽलम्बुषा स्नुक् च निर्गुण्डी चित्रकं शटी ।।३२।।
एषां दशपलान् भागांस्तोये पञ्चाढके पचेत् । पादशेषं ततः कृत्वा कषायमवतारयेत् ।।३३।।
पलद्वादशकं देयं तीक्ष्णलोहस्य चूर्णितम् । पुराणसर्पिषः प्रस्थं शर्कराष्टपलानि च ।।३४।।
पचेत्ताम्रमये पात्रे सुशीते चावतारिते । प्रस्थार्द्धं माक्षिकं देयं शिलाजतु पलद्वयम् ।।३५।।
एलात्वचोः पलार्द्धञ्च विडङ्गानां पलद्वयम् । मरिचञ्चाञ्जनं कृष्णा द्विपलं त्रिफलाऽन्वितम् ।।३६।।
पलद्वयन्तुकासीसंश्लक्ष्णंचूर्णीकृतंबुधैः । चूर्णं दत्त्वाऽथ मथितं स्निग्धे भाण्डे निधापयेत् ।।३७।।
ततः संशुद्धदेहस्तु भक्षयेदक्षमात्रकम् । अनुपानं पिबेत्क्षीरं जाङ्गलानां रसं तथा ।।३८।।
वातश्लेष्महरं श्रेष्ठं कुष्ठमेहज्वरापहम् । कामलां पाण्डुरोगञ्च श्वयथुं सभगन्दरम् ।।३९।।
मूर्च्छामोहविषोन्मादं गराणि विविधानि च । स्थूलानां कर्षणं श्रेष्ठं मेदुरे परमौषधम् ।।४०।।
कर्षयेच्चातिमात्रेण कुक्षिं पातालसन्निभम् । बल्यं रसायनं मेध्यं वाजीकरणमुत्तमम् ।।४१।।
श्रीकरं पुत्रजननं वलीपलितनाशनम् । नाश्नीयात् कदलीकन्दं काञ्जिकं करमर्दकम् ।।
करीरं कारवेल्लञ्च षट् ककाराणि वर्जयेत् ।।४२।।

32-42. Lauha Rasāyaṇam:

Ingredients: Purified *guggulu*, *tālamūli*, *triphalā*, *khadira*, *vṛiṣa*, *tṛivṛit*, *alambuṣa*, *nirgundī*, *citraka*, *snuhī*, water, *tīkṣana lauha bhasma*, *ghṛitam*, *śarkara*, honey, purified *śilājatu*, smaller cardamom, cinnamon bark, *viḍanga*, *marica*, *viṣa*, *rasāñjana*, *pippalī*, *triphalā* herbs and purified *kaśīśa*.

Process of Drug-Making: Take 500 gm. each of purified *guggulu*, *tālamūli*, *triphalā*, *khadira*, *vṛiṣa*, *tṛivṛit*, *alambuṣa*, *nirgundī*, *citraka* and *snuhī*. Pack the *guggulu* in a piece of cotton and coarsely compound the rest of the above herbs. Put these herbs into water and hang the pack of *guggulu* submerged into this water. Decoct the preparation till it is reduced to a one fourth. Strain the liquid and store it in a copper pot. Add to it 600 gm. of *tīkṣana lauha bhasma*, 750 ml. of *ghṛitam* and 375 gm. of *śarkara*. Cook the preparation on a slow heat. When the preparation gets thicken remove it from the stove and allow it to cool down. Add to it 375 gm. of honey and purified *śilājātu*(93 gm.), 23 gm. each of smaller cardamom and cinnamon bark, 93 gm. each of *viḍanga*, *marica*, *viṣa*, *rasāñjana*,

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pippalī, *triphalā* herbs and purified *kaśīśa*. Stir the preparation properly and store it in a pitcher coated with *ghṛitam* from inside.

Method of use/Administration: First purify the patient through vomitting and *virecana* (purgation) therapies. Subsequently, 3-6 gm. dose of the above recipe should be served to him. He can take milk and meat juice as *anupāna*. While taking this recipe, the patient should avoid six things that begin with the Sanskrit alphabet '*ka*' like *kadalī*, *kanda*, *kānji* (a type of vinegar), *karamardaka*, *karīra* and *kāravellaka*.

Therapeutic benefits: It alleviates *vāta* as well as *kapha* and cures *kuṣṭha* (skin diseases including leprosy), *meha* (obstinate urinary disorders including diabetes), jaundice, anemia, edema, anal fistula, fainting, unconsciousness, poisoning, insanity and poisoning by artificially prepared thing (*gara viṣa*). It is an excellent recipe for reducing obesity and diseases caused by excessive fat in the body. It exceedingly reduces the bulged abdomen. It promotes strength, rejuvenation, intellect and virility. It endows auspiciousness, as well as love and removes wrinkles as well as gray hair from the body.

(Cakradatt)

नवकगुग्गुलुः–

च्योषाग्नित्रिफलामुस्तविडङ्गैर्गुग्गुलुंशमम् । खादन्सर्वाञ्जयेद् व्याधीन् मेदश्लेष्मामवातजान् ।।४३।।

43. Navaka Guggulu:

Ingredients: Dried ginger, *marica*, pepper, *citraka* (bark), *haraḍa*, *vibhītakī*, *āmalakī*, *mustaka*, *vāya viḍanga* and purified *guggulu*.

Process of Drug-Making: Take 100 gm. measure each of dried ginger, *marica*, pepper, *citraka* (bark), *haraḍa*, *vibhītakī*, *āmalakī*, *mustaka* and *vāya viḍanga*. Coarsely powder them and add to it purified *guggulu* equivalent to the combined weight of the above materials. Churn the preparation thoroughly.

Method of use/Administration: Take this medicinal powder in doses of 500 mg. along with honey everyday.

Therapeutic benefits: This medicine cures diseases caused by obesity, *kapha* and *āma vāta* (*vāta roga*).

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अमृताद्यो गुग्गुलुः–

अमृतात्रुटिवेल्लवत्सकं कलिपथ्याऽऽमलकानि गुग्गुलुः ।
क्रमवृद्धमिदं मधुप्लुतं पिडकास्थौल्यभगन्दरं जयेत् ।।४४।।

44. Amṛitādya Guggulu:

Ingredients: *Amṛitā*, *truṭi*, *bilva*, *vatsaka*, *kalinga*, *pathyā*, *āmalakī* and *guggulu*.

Process of Drug-Making: Obtain *amṛitā* (10 gm.), *truṭi* (20 gm.), *bilva* (30 gm.), *vatsaka* (40 gm.), *kalinga* (50 gm.), *pathyā* (60 gm.), *āmalakī* (70 gm.) and *guggulu* (80 gm.). Compound them thoroughly into a fine powder.

Method of use/Administration: The powder should be taken in doses of 1 gm. along honey.

Therapeutic benefits: It cures carbuncles, obesity and anal fistula.

(Cakradatt)

अर्कक्षी रैर्दिनं मर्द्यं क्षौद्रैर्लेह्यं त्रिगुञ्जकम् ।।४५।।
वडवाग्निरसो नाम्ना स्थौल्यमाशु नियच्छति ।।४६।।

45-46. Obtain 12 gm. measure each of purified *pārada*, purified *gandhaka*, *tāmra bhasma* and purified *haritāla*. First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Triturate the preparation in latex of *arka* for one day. Dry the same and store it in a glass bottle. This *Vādavāgni Rasa* is to be taken in doses of 375 mg. along with honey. This medicine helps in checking obesity.

त्रिफलाद्यं तैलम्–

त्रिफलाऽतिविषामूर्वात्रिवृच्चित्रकवासकैः । निम्बारग्वधषड्ग्रन्थासप्तपर्णनिशाद्वयैः ।।४७।।
गुडूचीन्द्रसूरी कृष्णा कुष्ठसर्षपनागरैः । तैलमेभिः समैः पक्वं सुरसादिरसाप्लुतम् ।।४८।।
पानाभ्यञ्जनगण्डूषनस्यबस्तिषु योजितम् । स्थूलतालस्यपाण्ड्वादीञ्जयेत्कफकृतान् गदान् ।।४९।।

47-49. Tṛiphalādya Tailam:

Ingredients: *Tṛiphalā*, *ativiṣā*, *mūrvā*, *tṛivṛit*, *citraka*, *vāsaka*, *nimba*, *āragvadha*, *śaḍgrantha*, *saptaparṇa*, *niśā*, *dāruniśā*, *guḍūcī*, *indrasūri* (*nirgunḍī*), *kṛiṣṇā*, *kuṣṭha*, *sarṣapa*, *nāgara*, water, *mūrcchita* sesame oil and decoction of *surāsādi* group of herbs.

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Process of Drug-Making: Take equal parts (i.e. 12 gm. each) of *triphalā*, *ativiṣā*, *mūrvā*, *tṛivṛit*, *citraka*, *vāsaka*, *nimba*, *āragvadha*, *śaḍgrantha*, *saptaparṇa*, *niśā*, *dāruniśā*, *guḍūcī*, *indrasūri* (*nirgundī*), *kṛiṣṇā*, *kuṣṭha*, *sarṣapa* and *nāgara*. Compound them together along with water to prepare a *kalka*. Take this *kalka* (in quarter part), *mūrcchita* sesame oil (1 litre) and decoction of *surāsādi* group of herbs (4 litres) and cook them together on a slow heat. Thus one obtains the medicinal oil called *Triphalādya Tailam*.

Method of use/Administration: This medicated oil should be used in drinks, massage, gargle, inhalation therapy and *uttara basti* (medicated douche) administered through the genital tract.

Therapeutic benefits: It cures obesity, laziness, itching, etc, and indispositions caused by *kapha*.

(Cakradatt)

महासुगन्धितैलम् (भा. प्र.)–

चन्दनं कुङ्कुमोशीरप्रियङ्गुत्रुटिरोचनाः । तुरुष्कागुरुकस्तूरीकर्पूरजातिपत्रकाः ।।५०।।
जातिकक्कोलपूगानां लवङ्गस्य फलानि च । नलिका नलदं कुष्ठं हरेणुतगरप्लवम् ।।५१।।
नखं व्याघ्रनखं पृक्का बोलं दमनकं मुरा । स्थौणेयकं चोरकं च शैलेयं सैलवालुकम् ।।५२।।
सरलं सप्तपर्णं च लाक्षा तामलकी तथा । लामज्जकं पद्मकं च धातक्याः कुसुमानि च ।।५३।।
प्रपौण्डरीकं कर्चूरं समांशैः शाणमात्रकैः । महासुगन्धिमित्येतत् तैलप्रस्थेन साधयेत् ।।५४।।
प्रस्वेदमलदौर्गन्ध्यकण्डूकुष्ठहरं परम् । अनेनाभ्यक्तगात्रस्तु वृद्धः सप्ततिकोऽपि वा ।।५५।।
युवा भवति शुक्राढ्यः स्त्रीणामत्यन्तवल्लभः । सुभगो दर्शनीयश्च गच्छेच्च प्रमदाशतम् ।।५६।।
वन्ध्याऽपि लभते गर्भं षण्ढोऽपि तरुणायते । अपुत्रः पुत्रमाप्नोति जीवेच्च शरदां शतम् ।।५७।।

50-57. Mahāsugandhadi Tailam:

Ingredients: Red sandalwood, *keśara*, *uśīra*, *priyangu*, smaller cardamom, *gorocana*, *turuṣka* (*śilārasa*), *agara*, *kastūrī*, camphor, *jātīkoṣa*, *jātīphala*, *kakkola*, betel nuts, clove, *nalikā*, *nalada* (*jaṭāmānsī*), *kuṣṭha*, *reṇukā*, *tagara*, *plavam*, *nakhī*, *vyāghranakha*, *prikka*, *bola*, *damanaka*, *murāmānsī*, *sthouṇeyaka*, *coraka*, *śaileya*, *śaila*, *elavāluka*, *sarala kāṣṭha*, bark of *saptaparṇa*, *lākṣā*, *bhūmyāmalakī*, *lāmajjāka*, *padmaka*, flowers of *dhātakī*, *pundarīka*, *karcūra*, water and oil (*mūrcchita*).

Process of Drug-Making: Take 3 gm. each of red sandalwood, *keśara*, *uśīra*, *priyangu*, smaller cardamom, *gorocana*, *turuṣka* (*śilārasa*), *agara*, *kastūrī*, camphor, *jātīkoṣa*, *jātīphala*, *kakkola*, betel nuts, clove, *nalikā*, *nalada*

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(*jaṭāmānsī*), *kuṣṭha*, *reṇukā*, *tagara*, *plavam*, *nakhī*, *vyāghranakha*, *prikka*, *bola*, *damanaka*, *murāmānsī*, *sthouṇeyaka*, *coraka*, *śaileya*, *śaila*, *elavāluka*, *sarala kāṣṭha*, bark of *saptaparṇa*, *lākṣā*, *bhūmyāmalakī*, *lāmajjāka*, *padmaka*, flowers of *dhātakī*, *pundarīka* and *karcūra*. Pulverize these materials with water and prepare *kalka* of them. Mix this *kalka* in oil (*mūrcchita*) measuring 750 ml. and add 3 litre measure of water to the preparation. Collect all these materials in a large vessel. Place this vessel on fire and cook it on a slow heat.

Method of use/Administration: This *Mahāsugandhi Taila* is to be used daily for massage.

Therapeutic benefits: This oil alleviates the problems like *svedādhikya*, *mala daurgandhya*, *kaṇḍu*, *kuṣṭha* and related skin diseases. If an old man of eighty years is massaged daily with this oil, his body would shine and glow like that of a young man. It also promotes the growth of semen (*śukra*) and one would become charming and attractive for the women. He would gain the strength to enjoy sex with even 100 females. Application of this oil would make even a sterile lady to conceive, it promotes growth of semen of a *napunsak* (who is having very less semen) and helps those who don't have any issues. It increases the longevity and makes one to live for hundred years without any disease.

(*Bhāvaprakāśa*)

लोहारिष्टः (भा. प्र.)–

शालसारादिनिर्यूहं चतुर्थांशावशेषितम् । परिस्रुतं ततः शीतं मधुना मधुरीकृतम् ।।५८।।
फाणितीभावमापन्नं गुडं शोधितमेव च । सूक्ष्मपिष्टानि चूर्णानि पिप्पल्यादेर्गणस्य च ।।५९।।
ऐकध्यमावपेत्कुम्भे संस्कृते घृतभाविते । पिप्पलीचूर्णमधुभिः प्रलिप्ते चान्तरे शुचौ ।।६०।।
सूक्ष्माणि तीक्ष्णलौहस्य तनुपत्राणि बुद्धिमान् । खदिराङ्गारतप्तानि बहुशः प्रक्षिपेद् बुधः ।।६१।।
सुपिधानं ततः कृत्वा यवपल्वे निधापयेत । मासांस्त्रीश्चतुरो वांऽपि यावद्वा लौहसंक्षयात् ।।६२।।
ततो जातरसं जन्तुः प्रातः प्रातर्यथबालम् । उपयुञ्ज्याद्यथायोग्यमाहारं चास्य कल्पयेत् ।।६३।।
एष स्थूलं समाकर्षेन्नष्टस्याग्नेः प्रबोधनः । शोथघ्नः कुष्ठमेहघ्नो गुल्मपाड्वामयापहः ।।६४।।
प्लीहोदरहरः शीघ्रं विषमज्वरनाशनः । अभिष्यन्दापहरणे लोहारिष्टो महागुणः ।।६५।।

58-65. Lauhāriṣṭa:

Ingredients: Decoction of *śalasarādi* group of herbs, honey, *ghṛitam*, *pippalī* powder, honey, syrup of raw sugar and foils of *tīkṣana lauha* (iron).

Process of Drug-Making: Prepare a decoction of the *śalasarādi* group of herbs (250 gm. each of the 23 herbs). Decoct them along with water measuring 46

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litre till it is reduced to the one-fourth of the original volume. Subsequently, remove it from the stove and sieve the same. Let the decoction cool and sweeten it by adding honey (10 kg.). Take a pitcher and apply a coat of *ghṛitam* mixed with the *pippalī* powder (250 gm.) and honey from inside. Collect the sweetened decoction, a syrup of raw sugar (5 kg.) and finely powdered herbs in the above-mentioned pitcher. Following this a wise physician should repeatedly heat up the foils of *tīkṣana lauha* (iron) in the heat obtained from the fire of *khadira* woods. Put this heated *tīkṣana lauha* (250 gm.) in the pitcher. Properly close the mouth of the pitcher and put the same in a heap of barley (*yava*) for three to four months or until the *lauha* foils melt. When the *lauha patra* totally melts and become a fluid, it should be understood that the *Lauhaāriṣṭa* medicine has been prepared.

Method of use/Administration: After checking the digestive power, this medicine should be consumed daily in doses of 12-25 gm. during the morning hours. And proper food should be taken during the medication period.

Therapeutic benefits: This medicine is very helpful in curing patients suffering from obesity, *śotha*, *kuṣṭha*, *prameha* (i.e. urinary disorders including diabetes), *gulma*, *pāṇḍu*, *plīhā*, problems of gastrointestinal tract and *viṣam jvara*. It also promotes digestive power. This *Lauhariṣṭa* is very much beneficial in curing *abhṣayanda*.

(*Bhāvaprakāśa*)

स्थौल्ये सेव्यानि (यो. र.)–

पुराणशालयो मुद्गकुलत्थयवकोद्रवाः । लेखना बल्तयश्चैव सेव्या मेदस्विना सदा ।।६६।।

66. In cases of obesity, old *śāli* variety of rice, mudga pulse, *kulattha*, breads and soup of barley (*yava*), soup of *kodarvā* and *lekhan vasti*, are considered to be helpful.

(*Yoga Ratnākar*)

मेदोरोगे पथ्यानि (प. प.)–

चिन्ता श्रमो जागरणं व्यवायःप्रोद्वर्त्तनं लङ्घनमातपश्च ।
हस्त्यश्वयानं भ्रमणं बिरेकेःप्रच्छर्दनं चाप्यपतर्पणानि ।।६७।।
पुरातना वैणवकोरदूषश्यामाकनीवारप्रियङ्गवश्च ।
यवा कुलत्थाश्चणका मसूरामुद्गास्तुवर्योऽपि मधूनि लाजाः ।।६८।।
कटूनि तिक्तानि कषायकाणि तक्रं सुरा चिङ्गटमत्स्य एव ।

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दग्धानि वार्त्ताकुफलानि चापि फलत्रयं गुग्गुलुरायसं च ।।६९।।
कटुत्रयं सर्षपतैलमेलारूक्षाणि सर्वाणि च मुख्यतैलम् ।
पत्रोत्थशाकागुरुलेपनानि प्रतप्तनीराणि शिलाजतूनि ।।७०।।
प्राग्भोजनस्यापि च वारिपानंमेदोगदं पथ्यमिदं निहन्ति ।।७१।।

67-71. These measures and eatables are very much helpful in curing the problem of obesity: sorrow, labour, waking during night, enjoying sex, unguents, *langhaṇa* (fasting), facing the sun, riding elephant and horse, traveling, *apatarpaṇa*, old bamboo rice, *kodarvā*, *śyāmaka*, *nīvāra*, *priyangu*, barley (*yava*), *kulattha*, gram (*caṇaka*),lentil, *mudga*, pigeon peas, honey, poppy of paddy, edibles and juice s having bitter tastes, buttermilk, liquor, *cingata* variety of fishes, fried brinjal, *triphalā*, *guggulu*, *lauha bhasma*, *trikaṭu*, mustard oil, cardamom, all dry materials, sesame oil, leafy vegetables, poultice of *agara*, warm water, *śilājatu*, drinking water before meals.

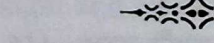
अपथ्यानि–

स्नानं रसायनंशालीन्गोधूमान्सुखशीलताम् । क्षीरेक्षुविकृतिर्माषान् सौहित्यं स्नेहनानि च ।।७२।।
मत्स्यंमांसंदिवानिद्रांस्त्रग्गन्धान् मधुराणि च । स्वभावस्थत्वमन्विच्छन् मेदस्वी परिवर्जयेत् ।।७३।।
भोजनस्य समग्रस्य पश्चात्पानं जलस्य च । अतिमात्रस्तूपचितो विशेषाद् वमनक्रियाम् ।।७४।।

72-74. The following measures and diets are considered to be harmful for the patients who are suffering from obesity: bathing with cold water, *rasāyaṇa* tonics, fresh *śāli* type of rice, wheat, such activities as lying or resting on luxury cushions, products of milk, products of sugarcane-jaggery, etc., fried nuggets prepared out of the *urada* beans, taking huge amount of meals (filled upto upto the neck), *snehan karma* (massage), eatig fish and meat, sleeping during daytime, sporting garlands and perfumed oil and sandalwood, eating sweet products, drinking lot of water after taking meals and *vamana* therapy.

इति भैषज्यरत्नावल्यां मेदोरोगचिकित्साप्रकरणम् ।।३९।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां मेदोरोगचिकित्साप्रकरणम् ।।३९।।

End of the Chapter 39 of Bhaiṣajya Ratnāvalī with Commentary



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अथोदररोगचिकित्साप्रकरणम् ४०

Chapter 40
Udara Roga

उदरचिकित्सा–

सर्वमेवोदरं प्रायो दोषसंघातजं यतः । अतो वातादिशमनी क्रिया सर्वत्र शस्यते ।।१।।

1. All types of problems related to gastro intestinal tract are obviously caused due to various causes. However, these problems caused due to vitiated *tridoṣa* are the most acute ones. Therefore, in all types of problems related to gastro intestinal tract, the treatment should be carried to restore the balance of three vital *doṣas*.

उदरे पथ्यानि–

उदरे दोषसम्पूर्णे कुक्षौ मन्दो यतोऽनलः । तस्माद् भोज्यानि योज्यानि दीपनानि लघूनि च ।।२।।
रक्तशीलीन् यवान् मुद्गाञ् जाङ्गलांश्च मृगाद्विजान् । पयोमूत्रासवारिष्टमधु शीधु च शीलयेत् ।।३।।

2-3. In *udara roga*, the abdomen gets completely afflicted with *doṣas* as a result of which the powder of digestion gets suppressed. Therefore, in such a condition, food ingredients, which stimulate the power of digestion and which are light for digestion, are given to the patient. The patient should take red variety of rice, barley, *mudga*, meat of animals and birds inhabiting arid land, milk, cow's urine and *āsava*, *ariṣṭa*, *madhu* as well as *sidhu* types of alcoholic drink.

(Cakradatt)

उदरे विरेचनव्यवस्था–

दोषातिमात्रोपचयात् स्रोतोमार्गनिरोधनात् । सम्भवत्युदरं तस्मान्नित्यमेनं विरेचयेत् ।।
पाययेत्तैलमेरण्डं समूत्रं सपयोऽपि वा ।।४।।

4. Method of *Virecana* (purgation) Therapy: *Udara rogas* are caused by excessive accumulation of *doṣas* and obstruction to the channels of circulation. Therefore, such patients should be given *virecana* (purgation) therapy every day. For this purpose castor oil (60 ml.) can be taken along with cow urine (115 ml.).

(Cakradatt)

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वातोदरे क्रियाक्रमः–

वातोदरं बलवतः स्नेहस्वेदैरुपाचरेत् । स्निग्धाय स्वदिताङ्गाय दद्यात्स्निग्धं विरेचनम् ।।५।।
हते दोषे परिम्लानं वेष्टयेद्वाससोदरम् । यथाऽरयानवकाशत्वाद् वायुर्नाध्मापयेत्पुनः ।।६।।

5-6.Treatment of *vātodara*: A strong patient of *vātodara* should first of all be given *snehana* (oleation) and *svedana* (fomentation) therapies. Thereafter, *virecana* (purgation) therapy containing unctuous drugs should be administered. When the *doṣas* are removed, the abdomen shrinks, and then, it should be tightly wrapped with a piece of cloth so that *vāta*, finding empty space in abdomen may not cause distension again.

(Cakradatt)

विरेकान्ते पेया–

विरिक्तं च यथादोषहरैः पेया श्रृता हिता ।।७।।

7. *Peya*: After *virecana* (purgation) therapy, the patient should be given *peya* (thin gruel without containg any grains in it) prepared by boiling with such drugs as would alleviate the concerned aggravated *doṣas*.

(Cakradatt)

उदररोगे तक्रम् (च. द.)–

वातोदरे पिबेत्तक्रं पिप्पलीलवणान्वितम् । शर्करामरिचोपेतं स्वादु पित्तोदरी पिबेत् ।।८।।
यमानीसैन्धवाजाजीव्योषयुक्तं कफोदरी । पिबेन्मधुयुतं तक्रं व्यक्ताम्लं नातिपेलवम् ।।९।।
मधुतैलवचाशुण्ठीशताह्वाकुष्ठसैन्धवैः । युक्तं प्लीहोदरी जातं सव्योषन्तु दकोदरी ।।१०।।
बद्धोदरी तु हवुषादीप्यकाजाजिसन्धवैः । पिबेच्छिद्रोदरी तक्रं पिप्पलीक्षौद्रसंयुतम् ।।
त्र्यूषणक्षारलवणैर्युक्तन्तु निचयोदरी ।।११।।

8-11. Administration of buttermilk: The patient of *vātodara* can take buttermilk mixed with *pippalī* and rock-salt. The patient of *pittodara* can take buttermilk added with sugar and *marica*. The patient of *kaphodara* can take buttermilk with *yavānī*, rock salt, *ajājī* and *vyoṣa*. The patient of *plīhodara* can take buttermilk added with honey, oil, *vacā*, *śunṭhī śatāhvā*, *kuṣṭha* and rock-salt. The patient of *dakodara* should take buttermilk added with honey, oil, *vacā*, *śunṭhī śatāhvā*, *kuṣṭha* and rock-salt. The patient of *baddhodara* should take butter-milk mixed with *vyoṣa*. The patient of *baddhodara* should take buttermilk with *havuṣā*, *dīpyaka*, *ajājī* and rock-salt. The patient of *cidrodara* should take butter-milk

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mixed with *pippalī* and honey. The patient of *sannipātika udara* should take butter-milk mixed with *tryūṣṇa*, *kṣāra* (alkali preparation) and rock-salt.

(Cakradatt)

गौरवारोचकार्त्तानां समन्दाग्नयतिसारिणाम् । तक्रं वातकफार्तानाममृतत्वाय कल्पते ।।१२।।

12. Butter-Milk in Other Diseases: Butter-milk works as ambrosia (*amṛitā*) in patients suffering from heaviness, anorexia, suppressed power of digestion, diarrhoea and diseases caused by *vāta* as well as *kapha*.

वातोदरे कर्म–

वातोदरे पयोऽभ्यासो निरूहो दशमूलिकः । सोदावर्त्ते मरुद्घ्नाम्लश्रृतैरण्डानुवासनः ।।१३।।

13. Medicated *Basti* (enema) : In *vātodara*, habitual intake of milk and administration of *niruha* type of medicated enema with the decoction of *daśamūla* are useful. If the disease is associated with *udāvarta* (upward movement of wind) then *anuvāsana* type of medicated enema prepared of *eraṇḍa* boiled with *vāta*-alleviation and sour drugs is useful.

माणमण्डः (च. द.)–

पुराणं माणकं पिष्ट्वा द्विगुणीकृततण्डुलम् । साधितं क्षीरतोयाभ्यामभ्यसेत् पायसंतु तत् ।।१४।।
हन्तिवातोदरं शोथं ग्रहणीं पाण्डुतामपि । सिद्धो भिषग्भिराख्यातः प्रयोगोऽयं निरत्ययः ।।१५।।

14-15. *Pāyasa* (a type of milk preparation) should be made out of the *kalka* of old *māṇaka* (25 gm.) and double the quantity of rice (i.e. 50 gm.) by cooking along with milk (200 ml.) and water (200 ml.). Regular intake of this milk preparation cures *vātodara*, edema, *grahaṇī* (sprue syndrome) and anemia. This recipe is absolutely harmless and its effectiveness is practically experienced.

(Cakradatt)

एरण्डतैलादयस्त्रयः प्रयोगा वातोदरे–

एरण्डतैलं दशमूलमिश्रं गोमूत्रयुक्तस्त्रिफलारसो वा ।
निहन्ति वातोदरशोथशूलं क्वाथः समूत्रो दशमूलजश्च ।।१६।।

16. *Eraṇḍa taila* (12 ml.) mixed with the decoction (50 ml.) of *daśamūla*, cow's urine (25 ml.) or decoction of *triphalā* (50 ml.) cures *udara roga*, edema and colic pain. These diseases are cured also by the intake of the decoction of *daśamūla* (50 ml.) along with cow's urine (25 ml.).

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कुष्ठादिचूर्णम् (भा. प्र.)–

कुष्ठं दन्ती यवक्षारोव्योषं त्रिलवणं वचा । अजाजी दीप्यकं हिङ्गु स्वर्जिका चव्यत्रिकम् ।।१७।।
शुण्ठी चोष्णाम्भसा पीतं चूर्ण वातोदरं जयेत् ।।१८।।

17-18. Kuṣṭhādi Cūrṇam:

Ingredients: *Kuṭaja*, root of *dantī*, *yavakṣāra*, dried ginger, *marica*, *pippalī*, rock salt, sea salt, *viḍa lavaṇa*, *vacā*, cumin seeds, caraway seeds, purified *hingu*, *svarjikṣāra*, *cavya*, *citraka* (bark) and dried ginger.

Process of Drug-Making: Take equal parts of *kuṭaja*, root of *dantī*, *yavakṣāra*, dried ginger, *marica*, *pippalī*, rock salt, sea salt, *viḍa lavaṇa*, *vacā*, cumin seeds, caraway seeds, purified *hingu*, *svarjikṣāra*, *cavya*, *citraka* (bark) and dried ginger. Pulverize these materials into powder.

Method of use/Administration: Take 3-5 gm. of this powder and drink it along with warm water.

Therapeutic benefits: This would help in alleviating the problems of gastrointestinal tract.

(*Bhāvaprakāśa*)

सामुद्राद्यं चूर्णम्–

सामुद्रसौवर्चलसैन्धवानि क्षारं यमानीमजमोदकञ्च ।
सपिप्पलीचित्रकशृङ्गवेरंविडं तथा हिङ्गु समानि कुर्यात् ।।१९।।
एतानि चूर्णानि घृतप्लुतानि भुञ्जीत पूर्वं कवलं प्रशस्तम् ।
वातोदरं गुल्ममजीर्णभक्तंवातास्रकोपं ग्रहणीं प्रदुष्टाम् ।।
अर्शांसि दुष्टानि च पाण्डुरोगंभगन्दरं चापि निहन्ति सद्यः ।।२०।।

19-20.Sāmudrādya Cūrṇa:

Ingredients: *Samudra lavaṇa*, *sauvaracla lavaṇa*, rock salt, *kṣāra* (*yavakṣāra*), *yavānī*, *ajamodā*, *pippalī*, *citraka*, *śṛīngavera*, *hingu* and *viḍa lavaṇa*.

Process of Drug-Making: Take equal parts of *samudra lavaṇa*, *sauvaracla lavaṇa*, rock salt, *kṣāra* (*yavakṣāra*), *yavānī*, *ajamodā*, *pippalī*, *citraka*, *śṛīngavera*, *hingu* and *viḍa lavaṇa*. Compound them together into fine powder.

Method of use/Administration: Take this medicinal powder in doses of 3-6 gm.

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Therapeutic benefits: This powder instantaneously cures *vātodara*, *gulma* (phantom tumour), indigestion of food, aggravation of *vāta*, *grahaṇī* (sprue syndrome), serious type of piles, anemia and anal fistula.

(Cakradatt)

पित्तोदरे क्रियाक्रमः (व. से.)–

पित्तोदरे तु वलिनं पूर्वमेव विरेचयेत् । दुर्बलं त्वनुवास्यादौ शोधयेत्क्षीरबस्तिना ।।२१।।
सजातबलकायाग्निं जातस्निग्धं विरेचयेत् । त्रिवृत्कल्केन पयसा रुवुकस्य शृतेन वा ।।२२।।
सातलात्रायमाणाभ्यां कृतेनारग्वधेन च । घृतं पित्तोत्तरे देयं मधुरौषधसाधितम् ।।२३।।

21-23. Treatment of *Pittodara*: A strong patient of *pittodara* should be given *virecana* (purgation) therapy in the beginning. If the patient is weak, then in the beginning, he should be given *anuvāsana* type of medicated *basti* (enema), and after his body is cleansed, he should be given *virecana* (purgation) therapy.

(Vangasen)

कफोदरे चिकित्सा (व. से.)–

व्योषयुक्तं कुलत्थाम्बु पयो वा भोजने हितम् ।।२४।।
गोमूत्रारिष्टपानैश्च चूर्णायस्कृतिभिस्तथा । सक्षीरतैलपानैश्च शमयेत्तु कफोदरम् ।।२५।।

24-25. Problems related to gastro intestinal tract having higher *kapha* concentration should be corrected through *virecana* and *basti* therapies. After correcting the same, the patient should eat powdered *tṛikaṭu* along with decoction of *kulattha* and milk. Also, he should take drugs like *manḍūrādi k*, *ariṣṭa* (*Punarnavāriṣṭa*, *Abhayāriṣṭa Kumāryāsava*) prepared by using cow milk and *ayaskṛiti* (*navayas lauha*, *bṛihadyakṛidari lauha*), which possess anti-*kapha* properties. Drinking milk having *eraṇḍa* oil is also helpful in correcting disordered *kapha*.

(Vangasen)

सन्निपातोदरचिकित्सा (व. से.)–

संनिपातोदरे कार्य एष एव क्रियाक्रमः । रोहितकाभयाकल्कं गोमूत्रेण विभावितम् ।
पीतं सर्वोदरप्लीहमेहार्शः क्रिमिगुल्मनुत् ।।२६।।

26. In the treatment of *sannipatodara*, one should follow all therapies which have been suggested in cases of the abominal disorders caused by all the three *doṣas*. However, one can take the paste of *rohītaka* and *abhayā* treated with the

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cow urine. This recipe cures all the abdominal problems, piles, worm related problems and *gulma*.

(Vangasen)

बद्धोदरचिकित्सा (अ. ह. चि. स्था.)–

स्विन्नाय बद्धोदरिणे मूत्रतीक्ष्णौषधान्वितम् । सतैललवणं दद्यान्निरूहं सानुवासनम् ।।२७।।
परिस्रंसीनि चान्नानि तीक्ष्णाञ्चैव विरेचनम् । उदावर्त्तहरं कर्म कार्यं यच्चानिलापहम् ।।२८।।

27-28. Treatment of *Baddhodara*: The patient of *baddhodara* should first of all be given *svedana* (fomentation) therapy, and thereafter, *niruha* as well as *anuvāsana* types of medicated *basti* (enema) should be administered along with cow's urine, drugs having *tīkṣana gaṇa* (sharp attribute), oil and rock salt. He should be given such food, which causes *virecana* (purgation). In addition, strong purgative therapy should be administered to him.

(*Aṣṭānga Hṛidaya*)

छिद्रोदरे क्रियानिर्देशः (अ. ह. चि. स्था.)–

छिद्रोदरमृते स्वेदाच्छ्लेष्मोदरवदाचरेत् । जातं जातं जलं स्राव्यमेतं तद्यापयेद्भिषक् ।।२९।।

29. Treatment of *Chidrodara*: The patient of *cidrodara* should be treated with all therapies prescribed for the treatment of *kaphodara* except *svedana* (fomentation) therapy.

(*Aṣṭānga Hṛidaya*)

जलोदरचिकित्सा–

अपां दोषहराण्यादौ योजयेदुदकोदरे । मूत्रयुक्तानि तीक्ष्णानि विविधक्षारवन्ति च ।।३०।।
दीपनीयैः कफघ्नैश्च तमाहारैरुपाचरेत् ।।३१।।

30-31. Treatment of *Jalodara*: The ascetic fluid in the abdomen of the patient suffering from *jalodara* should be removed immediately after it gets accumulated by surgical measures prescribed in the text. Patient should be treated with anti-*kapha* edibles and should eat foods which promotes digestive power.

(*Aṣṭānga Hṛidaya*)

जलोदरे शस्त्रकर्म–

इत्यौषधैरप्रशमे त्रिषु बद्धोदरादिषु । प्रयुञ्जीत भिषक् शस्त्रमार्त्तबन्ध्युनृपार्थितः ।।३२।।

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32. If the above condition is not controlled, after consulting patient's relatives and king (the government), the physician should perform surgical operations mentioned in case of the treatment of *baddhodara* methods.

(*Aṣṭānga Hṛidaya*)

पुनर्नवाऽष्टकक्वाथः–

पुनर्नवानिम्बपटोलशुण्ठीतिक्ताऽमृतादार्वभयाकषायः ।
सर्वाङ्गशोथोदरकासशूलश्वासान्वितंपाण्डुगदंनिहन्ति ।।३३।।

33. Punarnavāṣṭaka Kvātha:

Ingredients: *Punarnavā*, *nimba*, *paṭola*, *śunṭhī*, *tikta*, *amṛitā*, *dārvī* and *abhayā*.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts. Raise 25 gm. of their coarsely powdered mix and decoct it along with water measuring 400 ml. till it is reduced to one eighth.

Therapeutic benefits: It cures *sarvānga śotha*, *udara roga*, in cases of pleurisy, dysponea and anemia.

(Cakradatt)

पुनर्नवादिक्वाथः–

पुनर्नवा दारु निशा सतिक्तापटोलपथ्यापिचुमर्दमुस्तः ।
सनागरच्छिन्नरुहेति सर्वैःकृतः कषायो विधिना विधिज्ञैः ।।३४।।
गोमूत्रयुग्गुग्गुलुता च युक्तः पीतः प्रभाते नियतं नराणाम् ।
सर्वाङ्गशोथोदरकासशूलश्वासान्वितं पाण्डुगदं निहन्ति ।।३५।।

34-35. Punarnavādi Kvātha:

Ingredients: Root of *punarnavā*, *devadāru*, *haridrā*, *kaṭukā*, *paṭola* leaves, *haraḍa*, bark of *neem*, *nāgamotha*, dried ginger, *guḍūcī*, water, cow urine and purified *guggulu*.

Process of Drug-Making: Take equal parts of root of *punarnavā*, *devadāru*, *haridrā*, *kaṭukā*, *paṭola* leaves, *haraḍa*, bark of *neem*, *nāgamotha*, dried ginger and *guḍūcī*. Raise 25 gm. of their coarsely powdered mix and decoct it along with water measuring 400 ml. till it is reduced to one eighth. Sieve the decoction.

Method of use/Administration: Taking cow urine (24 gm.) along with 500 mg. to 1 gm. of purified *guggulu*, drink the decoction daily.

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Therapeutic benefits: It gives relief from all types of *śotha*, problems related to gastro intestinal tract, coughs, *śūla*, *śvāsa* and *pāṇḍu*.

(Cakradatt)

हरीतक्यादिक्वाथः (यो. र.)–

हरीतकीनागरदेवदारुपुनर्नवाच्छिन्नरुहाकषायः।
सगुग्गुलुर्मूत्रयुतस्तुप्रेयःशोथोदराणांप्रवरःप्रयोगः।।३६।।

36. Harītakyādi Kvātha:

Ingredients: *Harītakī*, *nāgara*, *devadāru punarnavā* and *cinnaruha*.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts. Raise 25 gm. of their coarsely powdered mix and decoct it along with water measuring 400 ml. till it is reduced to one eighth.

Method of use/Administration: Consume the decoction along with *guggulu* and cow's urine.

Therapeutic benefits: It cures edema and *udara roga*.

(*Yoga Ratnākar*)

दशमूलादिक्वाथः (ग. नि)–

दशमूलदारुनागरछिन्नरुहापुनर्नवाभयाक्वाथः ।
जयतिजलोदरशोथश्लीपदगलगण्डवातरोगांश्च ।।३७।।

37. Daśmūlādi Kvātha:

Ingredients: *Daśamūla*, *devadāru*, *nāgara*, *cinnaruha*, *punarnavā* and *abhayā*.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts. Raise 25 gm. of their coarsely powdered mix and decoct it along with water measuring 400 ml. till it is reduced to one eighth.

Therapeutic benefits: It cures ascites, edema, filariasis, *galaganḍa* (goiter) and diseases caused by *vāta*.

(*Gadanigraha*)

विशालादिचूर्णम्–

विशाला शङ्खिनी दन्ती त्रिवृत्त्रीलीफलत्रयम् । निशा विडंगं कम्पिल्लं मूत्रेणोदरवान्पिबेत् ।।३८।।

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38. Viṣalādi Cūrṇam:

Ingredients: Root of *indrayava*, *śankhapuṣpī*, root of *dantī*, root of *niśotha*, *neel*, *haraḍa*, *vibhītaka*, *āmalakī*, *haridrā*, *vāyaviḍanga*and *kāmpilla*.

Process of Drug-Making: Obtain equal parts of root of *indrayava*, *śankhapuṣpī*, root of *dantī*, root of *niśotha*, *neel*, *haraḍa*, *vibhītaka*, *āmalakī*, *haridrā*, *vāyaviḍanga*and *kāmpilla*. Pulverize these materials together into a fine powder.

Method of use/Administration: Take daily 3-6 gm. of this powder along with cow urine.

Therapeutic benefits: It gives relief from problems related to gastro intestinal tract.

पुनर्नवादिचूर्णम्–

पुनर्नवांदार्वभयांगुडूचींपिबेत्समूत्रांमहिषाक्षयुक्ताम् ।
त्वग्दोषशोथदरपाण्डुरोगस्थौल्यप्रसेकोर्ध्वकफामयेषु ।।३९।।

39. Punarnavādi Cūrṇam:

The powder (3-6 gm.) of *punarnavā*, *dārvī*, *abhayā* and *guḍūcī* (taken in equal parts) should be taken along with cow's urine (50 ml.) and *guggulu* (2 gm.).

This cures skin diseases, edema, *udara roga*, anemia, obesity, nausea and diseases of head as well as neck caused by *kapha*.

(Cakradatt)

पुनर्नवादिचूर्णमपरम्–

पुनर्नवादार्वमृतापाठाबिल्वश्वदंष्ट्रिकाः । बृहत्यौ द्वे रजन्यौ द्वे पिप्पल्यश्चित्रकं वृषम् ।।४०।।
समभागानि चूर्णानि गवां मूत्रेण वा पिबेत् । बहुप्रकारं श्वयथुं सर्वगात्रविसारिणम् ।।४१।।
हन्ति शूलोदराण्यष्टौ व्रणांश्चैवोद्धतानपि ।।४२।।

40-42. Punarnavādi Cūrṇam (Second Recipe):

Ingredients: Powders of *punarnavā*, *dārvī*, *amṛitā*, *pāṭhā*, *bilva*, *śvadamṣṭra*, *bṛihatī*, *kaṇṭakārī*, *haridrā*, *dāru haridrā*, *pippalī*, *citraka* and *viṣa*.

Process of Drug-Making: Take in equal parts the powders of *punarnavā*, *dārvī*, *amṛitā*, *pāṭhā*, *bilva*, *śvadamṣṭra*, *bṛihatī*, *kaṇṭakārī*, *haridrā*, *dāru haridrā*, *pippalī*, *citraka* and *viṣa*. Compound them together into a fine powder.

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Method of use/Administration: Take this powder in doses of 3-6 gm. in morning as well in evening everyday along with cow urine. The medicine should be taken before meals.

Therapeutic benefits: This cures *sarvānga śotha*, colic pain, eight types of *udara roga* even in their acute stage.

(Cakradatt)

पटोलाद्यं चूर्णम् (यो. र.)–

पटोलपत्रं रजनीं विडंगं त्रिफलात्वचम् । कम्पिल्लकं नीलिनीञ्च त्रिवृताञ्चेति चूर्णयेत् ।।४३।।
षडाद्यान्कार्षिकानन्त्यांस्त्रीश्चद्वित्रिचतुर्गुणान् । कृत्वाचूर्णं ततो मुष्टिं गवां मूत्रेण ना पिबेत् ।।४४।।
विरिक्तो मृदु भुञ्जीत भोजनं जाङ्गलै रसैः । मण्डं पेयां च पीत्वा तु सव्योषं षडहं पयः ।।४५।।
श्रृतं पिबेत्ततश्चूर्णं पिबेदेवं पुनः पुनः । हन्ति सर्वोदराण्येतच्चूर्णं जातोदकान्यपि ।
कामलां पाण्डुरोगञ्च श्वयथुञ्चापकर्षति ।।४६।।

43-46.Paṭolādya Cūrṇam:

Ingredients: *Paṭola* root, *rajanī*, *viḍanga*, pulp of *harītakī*, pulp of *vibhītakī*, pulp of *āmalakī*, *kampillaka*, *nīlinī* and *tṛivṛit*.

Process of Drug-Making: Take 25 gm. each of *paṭola* root, *rajanī*, *viḍanga*, pulp of *harītakī*, pulp of *vibhītakī*, pulp of *āmalakī* along with *kampillaka* (50 gm.), *nīlinī* (75 gm.) and *tṛivṛit* (100 gm.). Compound them together into a fine powder.

Method of use/Administration: This powder should be taken in doses of 3-6 gm. long with cow's urine (50 ml.). Prior to this, the patient should have *virecana* (purgation) therapy. The patient, using this recipe, should take soft boiled-rice along with the soup of the meat of animals from the arid lands. The patient can also take the milk boiled with this powder along with *manḍa* (thin gruel without containg any grains in it) or *peya* (another type of thin gruel) mixed with the powder of *vyoṣa*.

Therapeutic benefits: Intake of this medicine for six days cures all types of *udara roga* even if there is accumulation of water in abdomen (*jatodaka*), jaundice, anemia and edema.

(*Yoga Ratnākar*)

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नारायणचूर्णम् (भा. प्र.)–

यमानी हवुषा धान्यं त्रिफला चोपकुञ्चिका । कारवी पिप्पलीमूलमजगन्धा शटी वचा ।।४७।।
शताह्वा जीरकं व्योषं स्वर्णक्षीरी च चित्रकम् । द्वौक्षारौपौष्करंमूलं कुष्ठं लवणपञ्चकम् ।।४८।।
विडङ्गञ्च समांशानि दन्त्या भागत्रयं तथा । त्रिवृद्विशाला द्विगुणा सातला स्याच्चतुर्गुणा ।।४९।।
एष नारायणो नाम चूर्णो रोगगणापहः । एनं प्राप्य निवर्त्तन्ते रोगा विष्णुमिवासुराः ।।५०।।
तक्रेणोदरिभिः पेयो गुल्मिभिर्बदराम्बुना । आनद्धवाते सुरया वातरोगे प्रसन्नया ।।५१।।
दधिमण्डेन विट्सङ्गे दाडिमाम्बुभिरर्शसैः । परिकर्त्ते च वृक्षाम्लैरुष्णाम्बुभिरजीर्णके ।।५२।।
भगन्दरे पाण्डुरोगे कासे श्वासे गलग्रहे । हृद्रोगे ग्रहणीरोगे कुष्ठे मन्दानले ज्वरे ।।५३।।
दष्ट्राविषे मूलविषे सगरे कृत्रिमें विषे । यथार्हं स्निग्धकोष्ठेन पेयमेतद्विरेचनम् ।।५४।।

47-54. Nārāyaṇa Cūrṇam:

Ingredients: *Yamānī*, *havuṣā*, *dhānya*, *triphalā*, *upakuncikā*, *kāravī*, *pippalīmūla*, *ajagandhā*, *śaṭī*, *vacā*, *śatāhvā*, *jīraka*, *vyoṣa*, *svarṇa kṣīrī*, *citraka*, *yavakṣāra*, *svarjikṣāra*, *puṣkaramūla*, *kuṣṭha*, *pañca lavaṇa*, *viḍanga*, *dantī*, *triviṛit*, *viśālā* and *satāla*.

Process of Drug-Making: Take 25 gm. measure each of *yamānī*, *havuṣā*, *dhānya*, *triphalā*, *upakuncikā*, *kāravī*, *pippalīmūla*, *ajagandhā*, *śaṭī*, *vacā*, *śatāhvā*, *jīraka*, *vyoṣa*, *svarṇakṣīrī*, *citraka*, *yavakṣāra*, *svarjikṣāra*, *puṣkaramūla*, *kuṣṭha*, *pañca lavaṇa* and *viḍanga* along with 75 gm. of *dantī*, 50 gm. each of *triviṛit* and *viśālā* and 100 gm. of *satāla*. Compound them together into a fine powder.

Method of use/ Administration and Therapeutic benefits: This powder is known as *Nārāyaṇa Cūrṇa* which cures all diseases. No disease will get aggravated if the patient is using this recipe as demons do not flourish in the presence of God Viṣnu. Patients of *udara roga* should use this recipe along with buttermilk. Patients of *gulma* (phantom tumour) should use this recipe along with *badara* juice. In *ānaddha vāta* (a condition caused by the obstruction to the movement *vāta*), this recipe should be used along with *surā* (a type of alcoholic drink). In *vātika* diseases, this recipe should be used along with *prasannā* (another type of alcoholic drink). If there is constipation, then it should be taken, along with buttermilk (*dadhi māṇḍa*). It should be taken along with the juice of *dāḍima*, if the patient is suffering from piles. In *parikartikā* (sawing pain in the abdomen), it should be taken along with *vṛikṣāmla*. In indigestion it should be taken along with hot water. After *snehana* (oleation) therapy this purgative recipe should be appropriately taken for the treatment of anal fistula, anemia, dysponea, *kāsa* (coughs), obstruction to the throat, heart disease, *grahaṇī* (sprue syndrome), *kuṣṭha* (skin diseases including leprosy), suppression of the digestive power, fever,

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tooth-poisoning, root poisoning, *gara* type of poisoning and affliction by artificially prepared poisons.

Dosage: 3-6 gm.

(*Bhāvaprakāśa*)

स्नुहीपयोभाविततण्डुलचूर्णापूपप्रयोगः–

स्नुक्पयसापरिभाविततण्डुलचूर्णविनिर्मितःपूपः।उदरमुदारं हिंस्याद्योगोऽयं सप्तरात्रेण ।।५५।।

55. Get the rice flour (100 gm.) soaked into the latex of *snuhī* (50 ml.) for an overnight period, next day, compound and mix it into jaggery and prepare pastries (*pūpa*) out of it. Regular intake of this recipe cures *udara roga* within seven nights.

(Cakradatt)

सदुग्धमाहिषमूत्रप्रयोगः–

सक्षीरं माहिषं मूत्रं निराहारः पिबेन्नरः । शाम्यत्यनेन जठरं सप्ताहादिति निश्चयः ।।५६।।

56. Intake of buffalo's urine (25 ml.) along with *kṣīra* (milk preparation) (250 ml.) in empty stomach certainly cures abdominal diseases within one week.

(Cakradatt)

सहस्रपिप्पलीनां प्रयोगः–

स्नुहीपयोभावितानां पिप्पलीनां पयोऽशनः । सहस्रं चेह भुञ्जोत शक्तितो जठरामयी ।।५७।।

57. Administration of *Pippalī*: One thousand fruits of *pippalī* impregnated with the latex of *snuhī* should be gradually administered (in small doses) to the patient suffering from *udara roga* depending upon his strength.

(Cakradatt)

वर्द्धमानपिप्पलीप्रयोगोपदेशः–

पिप्पलीवर्द्धमानं वा कल्पदृष्टं प्रयोजयेत् । जठराणां विनाशाय नास्ति तेन समं भुवि ।।५८।।

58. *Pippalī Vardhamāna Kalpa* (i.e. intake of *pippalī* in gradually increased quantities and then decreased gradually which is generally done for the purpose of rejuvenation) should be administered for the cure of *udara roga* and there is no other therapy comparable to it.

(Cakradatt)

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देवद्रुमादियोगद्वयम् (यो. र.)–

देवद्रुमं शिग्रु मयूरकञ्च गोमूत्रपिष्टं ह्यथवाऽश्वगन्धाम् ।
पीत्वाऽऽशु हन्यादुदरं प्रवृद्धं क्रिमीन् सशोथानुदरं च दूष्यम् ।।५९।।

59. The *kalka* of *deva druma*, *śigru* and *mayūraka* prepared by triturating them along with cow's urine or the *kalka* of *aśvagandhā* prepared by triturating it with cow's urine instantaneously cures serious type of *udara roga*, parasitic infestation, edema and *duṣyodara*.

(*Yoga Ratnākar*)

अष्टमूत्रप्रयोगः–

मूत्राण्यष्टावुदरिणां सेके पाने च शस्यते ।।६०।।

60. The cow's urine should be used in *śeka* (sprinkling) and *pāna* (drink) of patients suffering from all the eight types of *udara roga*.

(Cakradatt)

देवदार्वादिकल्कोपनाहः–

देवदारुपलाशार्कहस्तिपिप्पलिशिग्रुकैः । साश्वगन्धैः सगोमूत्रैः प्रदिह्यदुदरं शनैः ।।६१।।

60-61. The *kalka* of *devadāru*, *palāśa*, *arka*, *hasti pippalī*, *śigru* and *aśvagandhā* (taken in equal parts) prepared by triturating them along with cow's urine should be applied and gently rubbed over the abdomen of the patient.

(Cakradatt)

गवाक्ष्यादिप्रयोगः–

गवाक्षी शङ्खिनी दन्ती नीलिनी कल्कसंयुतम् । सर्वोदरविनाशाय गोमूत्रं पातुमाचरेत् ।।६२।।

62. Take equal parts of root of *indrayava*, *śankhini* (*śankhapuṣpī*), root of *dantī* and leaves of *nīlinī* (taken in equal parts). Ground them and consume the same along with 24 ml. of cow urine. Daily drinking of this drug would alleviate all types of problems related to gastro intestinal tract.

Dosage: 3-6 gm.

(Cakradatt)

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उदरघ्नास्त्रयो योगाः–

गोमूत्रयुक्तं महिषीपयो वा क्षीरं गवां वा त्रिफलाविमिश्रम् ।
क्षीरान्नभुक् केवलमेव गव्यं मूत्रं पिबेद्वा श्वयथूदरेषु ।।६३।।

63. The following recipes cure edema and *udara roga*: 1. Buffalo milk (250 ml.) along with cow's urine (15-25 ml.); 2. *Triphalā* powder (6 gm.) mixed with cow's milk (250 ml.); and 3. Cow's urine (50 ml.) along with milk preparations as food.

(Cakradatt)

शिलाजत्वादिप्रयोगः–

शिलाजतूनां मूत्राणां गुग्गुलोस्त्रैफलस्य च । स्नुहीक्षीरप्रयोगश्च शमयत्युदरामयम् ।।६४।।

64. The latex of *snuhī* (2 gm.) should be administered along with various preparations of *śilājatu* (2 gm.), cow's urine (50 ml.), *guggulu* (2 gm.) and *triphalā* (2 gm.). It cures *udara roga*.

(Cakradatt)

इच्छाभेदी रसः–

शुण्ठीमरिचसंयुक्तं रसगन्धकटङ्कणम् । जैपालस्त्रिगुणः प्रोक्तः सर्वमेकत्र पेषयेत् ।।६५।।
इच्छाभेदी द्विगुञ्जः स्यात्सितया सह पाययेत् । पिबेत्तु चुलुकं यावत् तावद्वारान् विरेचयेत् ।।
तक्रौदनञ्च दातव्यमिच्छाभेदी यथेच्छया ।।६६।।

65-66. Icchābhedī Rasa:

Ingredients: Dried ginger, *marica*, purified *pārada*, purified *gandhaka* and purified seeds of *jayapāla*.

Process of Drug-Making: Take the following materials: one part each of dried ginger, *marica*, purified *pārada*, purified *gandhaka* and 3 parts purified seeds of *jayapāla*. First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix into it the rest of materials in powdered form. Pulverize these materials with water and prepare pills measuring 250 mg. each. Dry these pills and store them in glass bottles.

Method of use/Administration: After consuming this drug, one should drink drops of water mixed with sugar. It would facilitate *virecana* (purgation). After administration of this therapy, if one feels hungry, buttermilk and rice should be served for eating.

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Therapeutic benefits: This pill helps in *virecana* (purgation).

(*Ras Manjarī*)

इच्छाभेदी रसो द्वितीयः–

सूतं गन्धञ्च मरिचं टङ्कणं नागराभया । जैपालबीजसंयुक्तं क्रमोत्तरगुणं भवेत् ।।६७।।
सर्वतुल्यो गुडो देय इच्छाभेदी त्वयं रसः । द्वित्रिगुञ्जापरिमिता वटी कार्या विचक्षणैः ।।६८।।

67-68. Icchābhedī Rasa (Second Recipe):

Ingredients: Purified *pārada*, purified *gandhaka*, powder of black pepper, purified *tankana* (borax), dried ginger, powder of *haraḍa*, powder of purified seeds of *jayapāla* and raw sugar (*guḍa*).

Process of Drug-Making: Obtain the following materials: purified *pārada* (1 part), purified *gandhaka* (2 parts), powder of black pepper (3 parts), purified *tankana* (borax)(4 parts), dried ginger (5 parts), powder of *haraḍa* (6 parts) and powder of purified seeds of *jayapāla* (7 parts).

First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Triturate the mix properly and add to it raw sugar (*guḍa*) equal to the combined weight of all the materials (i.e. 28 parts). Prepare pills in measurement of 375 mg. each and Dry and store them the same in a glass jar.

Therapeutic benefits: This pill helps in pleasant *virecana* (purgation).

(*Ras Kāmdhenu*)

इच्छाभेदी रसो बृहद्–

शुद्धसूतस्य भागैकं गन्धकान्माषकत्रयम् । बिभीतकस्य माषैकं धात्र्याश्चैव तु माषकम् ।।६९।।
माषद्वयञ्च पिप्पल्याः शुण्ठीनां माषकत्रयम् । जैपालबीजमज्जाया गुडकं विंशतिं तथा ।।७०।।
अम्ललोणीरसैः पिष्ट्वा वटिकां कारयेद् बुध । कलायपरिमाणां तु भक्षयेद्रेचनार्थकम् ।।७१।।
अम्ललोणीरसैः सार्द्धं तोयमुष्णं पिबेदनु । तावद्विरिच्यते वेगाद् यावच्छीतं न सेव्यते ।।७२।।

69-72. Icchābhedī Rasa (Major Recipe):

Ingredients: Purified *pārada*, purified *gandhaka*, *vibhītaka* powder, *āmalakī* powder, *pippalī* powder, dried ginger powder, powder of purified seeds of *jayapāla* and juice of *c.*

Process of Drug-Making: Get the following materials: purified *pārada* (1 part), purified *gandhaka* (3 parts), *vibhītaka* powder (1 part), *āmalakī* powder (1 part), *pippalī* powder (2 parts), dried ginger powder (3 parts) and powder of

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purified seeds of *jayapāla* (20 parts). First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the powdered materials into it. Triturate the mix with juice of *amlaloṇī* and prepare pills measuring 250 mg. each. Dry these pills and store them in glass bottles.

Method of use/Administration: Consume one pill of this medicine with juice of *amlaloṇī*. One should also drink warm water as *anupāna*.

Therapeutic benefits: The medicine has the capacity to make repeated *virecana* (purgation), until the concerned patient does not drink cold water.

भेदनी वटी–

त्रिकण्टकस्नुक्पयसा पिप्पल्या वटिका कृता । भेदनीयं सिद्धमता महागदनिषूदनी ।।७३।।

73. Bhedanī Vaṭī:

Ingredients: *Gokṣura* powder, latex of *snuhī* and powder of *pippalī*.

Process of Drug-Making: Take 25 gm. each of *gokṣura* powder, latex of *snuhī* and powder of *pippalī*. Pulverize all the materials and impregnate their mix with latex of *snuhī*. Prepare pills measuring 125 mg. each and Dry and store them in glass bottle.

Therapeutic benefits: This medicine is capable of curing difficult diseases and it has been appreciated by learned physicians.

(*Ras Kāmdhenu*)

नाराचो रसो महान्–

सूतं टङ्गणतुल्यांशं मरिचंसूततुल्यकम् । गन्धकं पिप्पली शुण्ठी द्वौ द्वौ भागो विचूर्णयेत् ।।७४।।
सर्वतुल्यं क्षिपेद्दन्तीबीजं निस्तुषमेव च । द्विगुञ्जो रेचने सिद्धो नाराचोऽयं महारसः ।।७५।।
गुल्मप्लीहोदरं हन्ति पिबेतं चोष्णवारिणा ।।७६।।

74-76. Nārāca Rasa (Major Recipe):

Ingredients: Purified *pārada*, purified borax, black pepper, *pippalī*, dried ginger and powder of purified seeds of *jayapāla*.

Process of Drug-Making: Obtain the following in powdered form: 1 part each of purified *pārada*, purified borax, black pepper, 2 parts each of *gandhaka*, *pippalī* and dried ginger and powder of purified seeds of *jayapāla* equal to the combined weight of all the materials i.e. 9 parts. First of all prepare *kajjalī* out of

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pārada and *gandhaka* and mix rest of the materials into it. Triturate the mix properly and store it in a glass bottle.

Method of use/Administration: This *Nārāca Rasa* is to be taken in doses of 250 ml. along with honey. After consuming this drug, one should drink warm water as *anupāna*.

Therapeutic benefits: This drug facilitates *virecana* (purgation) and helps in curing *gulma*, *plīhāvṛiddhi* and problems related to gastro intestinal tract.

(*Ras Manjarī*)

जलोदरारिरसः–

पिप्पली मरिचं ताम्रं रजनीचूर्णसंयुतम् । स्नुहीक्षीरैदिनं मर्द्यं तुल्यं जैपालबीजकम् ।।७७।।
निष्कं खादेद् विरेकः स्यात् सद्यो हन्ति जलोदरम् । रेचनानाञ्च सेर्वेषां दध्यम्लं स्तम्भने हितम् ।
दिनान्ते च प्रदातव्यमन्नं वा मुद्गयूषकम् ।।७८।।

77-78. Jalodrāri Rasa:

Ingredients: *Pippalī*, *marica*, *tāmra bhasma*, *haridrā*, powder of purified seeds of *jayapāla* and latex of *snuhī*.

Process of Drug-Making: Take 50 gm. each of *pippalī*, *marica*, *tāmra bhasma*, *haridrā* in powdered form. Also take powder of purified seeds of *jayapāla* equal to the combined weight of other powders i.e. 200 gm. Triturate all the materials together with latex of *snuhī* (200 gm.) for one day. Prepare pills measuring 125 mg. to 250 mg. each and dry them. Store these pills in glass jars.

Method of use/Administration: One pill of this *Jalodarāri Rasa* can cause *virecana* (purgation) and helps in alleviating *jalodara*. If *virecana* (purgation) of all kinds are producing an excessive effect, one can eat bitter curd to stop it. At the end of the day, one should be served with rice and *yūṣa* of *mudga*.

Therapeutic benefits: It facilitates *virecana* (purgation).

(*Rasendra Sār Sangraha*)

जलोदरारिरसो द्वितीयः–

रसेन गन्धं द्विगुणं शिलां च निशां च बीजं जयपालकस्य ।
फलत्रयं त्र्यूषणकञ्च चित्रंसर्वं विचूर्ण्यापि विभावयेच्च ।।७९।।
दन्तीस्नुहीभृङ्गरसे पृथक् च सम्भाव्य संशोष्य च सप्तवारात् ।
वयोबलं वीक्ष्य तथा ददीत जाते विरेके च ददीत पथ्यम् ।।८०।।

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अन्नं सतक्रं शिशिरानुशायि जाते बले तत्पुनरेव दद्यात् ।
तक्रेण रोगः समुपैति शान्तिं सिद्धो रसो नाम जलोदरारिः ।।८१।।

79-81. Jalodarāri Rasa (Second Recipe):

Ingredients: Purified *pārada*, purified *gandhaka*, purified *manahśilā*, *haridrā*, seeds of *jayapāla*, *haraḍa*, *vibhītaka*, *āmalakī*, dried ginger, black pepper, *pippalī*, bark of *citraka*, decoction of *dantī's* root, decoction of *snuhī's* root or juice of its leaves and juice of *bhṛingarāja*.

Process of Drug-Making: Get purified *pārada* (1 part), purified *gandhaka* (2 part), 1 part each of purified *manahśilā*, *haridrā*, seeds of *jayapāla*, *haraḍa*, *vibhītaka*, *āmalakī*, dried ginger, black pepper, *pippalī* and bark of *citraka* (all in powdered form). First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Impregnate the mix separately and two times each with decoction of *dantī's* root, decoction of *snuhī's* root or juice of its leaves and juice of *bhṛingarāja*. Later on dry it and preserve in glass bottle.

Method of use/Administration: Depending on the strength of the patient, the dosage of the drug should be prescribed. Once the *virecana* (purgation) are over, the patient should be served with buttermilk along with light meals having cold properties. After a gap of two-three days, when the patient gains strength, the *virecana* (purgation) therapy should be again given and buttermilk along with rice should be served to the patient. In this way, one can also use *takra* with this medicine for treating *jalodara* and related diseases.

Therapeutic benefits: It facilitates *virecana* (purgation) and thus treats *jalodara*.

महावह्निरसः–
सूतस्यगन्धकस्याष्टौरजनीत्रिफलाशिलाः । प्रत्येकञ्च द्विभागं स्यात् त्रिवृज्जैपालचित्रकम् ।।८२।।
प्रत्येकं स्यात्त्रिभागंञ्चव्योषंदन्तीच जीरकम् । प्रत्येकं सप्तभागं स्यादेकीकृत्य विचूर्णयेत् ।।८३।।
जयन्तीस्नुक्पयोभृङ्गवह्निवातारितैलकैः । प्रत्येकेन क्रमाद् भाव्यं सप्तवारं पृथक्-पृथक् ।।८४।।
महावह्निरसो नाम्ना गुञ्जामुष्णजलैः पिबेत् । विरेचनं भवेत्तेन तक्रभक्तं ससैन्धवम् ।।८५।।
दिनान्ते दापयेत्पथ्यं वर्जयेच्छीतलं जलम् । सर्वोदरहरः प्रोक्तः श्लेष्मवातहरः परः ।।८६।।

82-86. Mahāvahni Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *haridrā*, *haraḍa*, *vibhītaka*, *āmalakī*, purified *manahśilā*, *śiśotha*, purified *jayapāla*, bark of *citraka*, dried

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ginger, *marica*, *pippalī*, root of *dantī*, cumin seeds, juice of *jayantī* leaves, latex of *snuhī*, juice of *bhṛingarāja*, decoction of *citraka's* bark and *eraṇḍa* oil.

Process of Drug-Making: Take the following in powdered form: 4 parts of purified *pārada* and 8 parts of purified *gandhaka*, 2 parts each of *haridrā*, *haraḍa*, *vibhītaka*, *āmalakī* and purified *manahśilā*, 3 parts each of *niśotha*, purified *jayapāla* and bark of *citraka* and 7 parts each of dried ginger, *marica*, *pippalī*, root of *dantī* and cumin seeds.

First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Triturate the mix into a fine powder. Impregnate this powder separately and seven times each with juice of *jayantī* leaves, latex of *snuhī*, juice of *bhṛingarāja*, decoction of *citraka's* bark and *eraṇḍa* oil. Following this triturate the mix. Dry it and store the same in glass bottle.

Method of use/Administration: This *Mahāvahni Rasa* is to be taken in doses of 125 mg. along with warm water. During the evening time, if one feels hungry, he should be served with buttermilk and rice treated with the rock salt. During the consumption of this medicine, one should not drink cold water.

Therapeutic benefits: The effect of this medicine causes *virecana* (purgation). This medicine is helpful in alleviating all types of problems related to gastro intestinal tract, vitiated *śleṣma* and *vāta*.

(*Rasendra Sār Sangraha*)

चूलिका वटी–

रसो गन्धो विषं तालं त्रिकटु त्रिफला तथा । टङ्कण समभागञ्च जयपालञ्चतुर्गुणम् ।।८७।।
भृङ्गराजरसेनाथ केशराजरसेन वा । मधुना वटिका कार्या गुञ्जाद्वयमिता शुभा ।।८८।।
चूलिकाख्यावटी ख्याताशोथोदरविनाशिनी । कामलां पाण्डुरोगञ्च आमवातं हलीमकम् ।।८९।।
हन्याद्भगन्दरं कुष्ठं प्लीहानं गुल्ममेव च ।।९०।।

87-90. Cūlikā Vaṭī:

Ingredients: Purified *pārada*, purified *gandhaka*, powder of purified *vatsanābha*, purified *haritāla*, dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, purified *tañkaṇa*, powder of the purified *jayapāla* seeds, juice of *bhṛingarāja* or *keśarāja* and honey.

Process of Drug-Making: Obtain 1 part each of purified *pārada*, purified *gandhaka*, powder of purified *vatsanābha*, purified *haritāla*, dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī* and purified *tañkaṇa* along with powder of the

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purified *jayapāla* seeds measuring four times greater than the combined weight of all the above materials (i.e. 44 parts).

First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Triturate the mix with juice of *bhṛingarāja* or *keśarāja* and honey. Prepare pills measuring 250 mg. each and dry and store them in glass bottle.

Therapeutic benefits: This '*Cūlikā*' pill is very much effective in alleviating indispositions like *śotha*, problems of gastrointestinal tract, jaundice, *pāṇḍu*, *āmavāta*, *halīmaka*, *bhagandara*, *kuṣṭha*, *plīhāvṛiddhi* and *gulma*.

श्रीवैद्यनाथादेशवटिका (सिद्धगुडी)–

त्रिकटुकपारदपथ्या समभागं कानकं फलं द्विगुणम् ।
माषप्रमाणवटिका कार्या स्वरसेनाम्ललोणिकायाः ।।९१।।
प्रबलजलोदरगुल्मज्वरपाण्ड्वामयनाशिनी प्रोक्ता ।
तिमिराणि पटलविद्रधिप्रबलोदावर्त्तशूलहरी ।।९२।।
क्रिमिकोठकुष्ठकण्डूपिडकाश्च निहन्ति रोगचयम् ।
सिद्धगुडीयं प्रथिता भुवने श्रीवैद्यनाथपादाज्ञा ।।९३।।

92-93. Śrī Vaidyanāthadeśa Vaṭikā:

Ingredients: Dried ginger, *marica*, *pippalī*, *rasa sindūra*, *haraḍa*, purified *jayapāla* and juice of *amlaloṇī*.

Process of Drug-Making: Get 1 part each of the powders of dried ginger, *marica*, *pippalī*, *rasa sindūra* and *haraḍa* and purified *jayapāla* measuring twice the quantity of all the materials (i.e. 10 parts). Pulverize all the materials properly and impregnate it with juice of *amlaloṇī*. Triturate the mix and prepare pills in measurement of 125 mg. each. Dry these pills and store it in a glass bottle.

Therapeutic benefits: This medicine is effective in checking severe cases of *jalodara*, *gulma*, *jvara*, *pāṇḍu*, *timira roga*, *pāṭal roga*, *vidradhi*, serious *udāvarta*, *śūla*, *kṛimi*, *koṭha*, *kuṣṭha*, *kanḍu*, *pīḍaka* and all the related diseases. This has been prepared according to the orders of Śṛī Vaidyanāthjī. This medicine is famous for curing indispositions of gastrointestinal tract.

अभया वटी–

अभया मरिचं कृष्णा टङ्गणञ्च समांशकम् । सर्वचूर्णसमं भागं दद्यात्कानकजं फलम् ।।९४।।
स्नुहीक्षीरेण संकुर्याद् वटीस्विन्नकलायवत् । वटीद्वयं शिवामेकां पिष्ट्वा तण्डुलवारिणा ।।९५।।

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उष्णाद्विरेचयेदेषा शीते स्वास्थ्यमुपैति च । जीर्णज्वरं प्लीहरोगं हन्त्यष्टावुदराणि च ।।९६।।
वातोदरे प्रशस्तोऽयं सर्वाजीर्णं व्यपोहति । कामलां पाण्डुरोगञ्च तथैव कुम्भकामलाम् ।।९७।।

94-97. Abhayā Vaṭī:

Ingredients: Powders of *haraḍa*, black pepper, *pippalī*, purified borax, powder of purified *jayapāla* seeds and latex of *snuhī*.

Process of Drug-Making: Take powders of *haraḍa*, black pepper, *pippalī* and purified borax in measure of one part each. Also take powder of purified *jayapāla* seeds equal to the quantity of all the materials. Triturate all the materials together with latex of *snuhī* and prepare pills measuring 250 mg. each. Dry these pills.

Method of use/Administration: Consume this medicine by taking two pills and one *haraḍa*, both grinded in rice-washing (*taṇḍulodaka*) (50 ml.). One would have *virecana* (purgation) every time he drinks lukewarm water. In order to stop excessive *virecana* (purgation), one can drink cold water.

Therapeutic benefits: This '*Abhayā Vati*' is capable of alleviating *jīrṇa jvara*, *plīhāvṛidhi*, eight types of problems of gastrointestinal tract, *vātodara*, all types of *ajīrna*, jaundice, *pāṇḍu* and *kumbhakāmalā*.

(*Rasendra Sār Sangraha*)

उदरारिरसः (र. सा. सं.)–
पारदं शिखितुत्थञ्च जैपालं पिप्पलीसमम् । आरग्वधफलान्मज्जा वज्रीक्षीरेण मर्दयेत् ।।९८।।
माषमात्रां वटीं खादेज्जयेत् स्त्रीणां जलोदरम् । चिञ्चाफलरसञ्चानु पथ्यं दध्योदनं हितम् ।
दकोदरहरञ्चैव तीव्रेण रेचनेन च ।।९९।।

98-99. Udarāri Rasa:

Ingredients: Powders of *rasa sindūra*, purified *tutthaka*, purified *jayapāla*, pulps (*guḍa*) of *pippalī*, *āragvadha* and latex of *snuhī*.

Process of Drug-Making: Obtain powders of one part each of *rasa sindūra*, purified *tutthaka*, purified *jayapāla* and pulps (*guḍa*) of *pippalī* and *āragvadha*. Triturate all these materials together into a fine powder. Impregnate this mix with latex of *snuhī* and triturate it again. Prepare pills measuring 60-125 mg. each. Dry these pills and store them in glass jar.

Method of use/Administration: This medicine is to be taken in doses of one pill daily. After consuming the pill, one should drink 24 gm. measure juice of

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tamarind's leaves or fruit. If the patient feels hungry, he should be served with curd and rice as compatible food.

Therapeutic benefits: This medicine provides relief to females suffering *jalodara*. This medicine cures *jalodara* by causing repeated *virecana* (purgation).

(*Rasendra Sār Sangraha*)

वारिशोषणरसः–

चतुर्विंशतिभागाःस्युर्गन्धाद्वङ्गंतदर्द्धकम् । वङ्गभागाद् भवेदर्द्धः पारदः कृष्णमभ्रकम् ।।१००।।
चतुर्दशविभागं स्यान्मृतं तद्दीयते पुनः । मृतलौहमष्टभागं मृतताम्रं नवात्र तत् ।।१०१।।
मृतहेमद्वयं तेषां मृतरूप्यञ्च सप्तकम् । अतिशुद्धमतिस्थूलं मृतं हीरं त्रयोदश ।।१०२।।
भागा ग्राह्या माक्षिकस्यविशुद्धस्यात्र षोडश । अष्टादशामितं ग्राह्यं नवकाशीशकं पुनः ।।१०३।।
तुत्थकञ्च षडेवात्र नवीनं ग्राह्यमेव च । तालकं च चतुर्भागं शिला योज्यास्त्रयो बुधैः ।।१०४।।
शैलेयं पञ्च दातव्यं सर्वमेकत्र नूतनम् । मृतमौक्तिकभागैकं सौभाग्यं द्वयमेव च ।।१०५।।
कुट्टयित्वा विचूर्ण्यथिजम्बीरस्य रसेन वै । भावयेत्सप्तधा गाढं गुडिकां तस्य कारयेत् ।।१०६।।
पानकद्वितये कृत्वा मुद्रयेत् पानकद्वयम् । घटमध्ये निवेश्याथ दत्त्वा पूर्वं च वालुकाम् ।।१०७।।
ऊर्ध्वं च तां पुनर्दत्त्वा वालुकां मुद्रयेन्मुखम् । अहोरात्रं दहेदग्नौ स्वाङ्गशीतं समुद्धरेत् ।।१०८।।
बकुलस्य च बीजेन कण्टकारीद्वयेन च । गुडूचीत्रिफलावारा भावयेत् सप्तसप्तधा ।।१०९।।
वृद्धदाररसेनापि तथा देयास्तु भावनाः । गिरिकन्यारसेनापि रोहितमत्स्यपित्ततः ।।११०।।
एवंसिद्धोभवेत्सम्यग्रसोऽसौवारिशोषणः। देवान्गुरून्समम्यर्च्यपितॄन्साधून् मुनींस्तथा ।।१११।।
रक्तिकाद्वितयं देयं सन्निपाते समुच्छ्रये । मरिचेन समं देयं तेन जागर्त्ति मानवः ।।११२।।
श्लैष्मिकेचगदेदेयंग्रहण्यामग्निमान्द्यके । प्लीह्नि पाण्डौ प्रयोक्तव्यं त्रिकटुत्रिफलाऽम्भसा ।।११३।।
शूलरोगे प्रयोक्तव्यमुदरे च विशेषतः । कुष्ठे सुदुष्टे देयोऽयं काकोदुम्बरिकाम्भसा ।।११४।।
अतिवह्निकरः श्रीदो बलवर्णाग्निवर्धनः । धन्वन्तरिकृतः सद्यो रसः परमदुर्लभः ।।
सर्वरोगे प्रयोक्तव्यो निःसन्देहं भिषग्वरैः ।।११५।।

100-115. Vāriśoṣaṇa Rasa:

Ingredients: Purified *gandhaka*, *vanga bhasma*, purified *pārada*, *kṛiṣṇa abhraka bhasma*, *lauha bhasma*, *tāmra bhasma*, *svarṇa bhasma*, *rajata bhasma*, *hīraka bhasma*, *svarṇamākṣika bhasma*, purified *kaśīśa*, purified *tutthaka*, purified *haritāla*, purified *manahśilā*, purified *śilājatu*, *muktā bhasma*, purified borax, juice of *jambīra* lemon, decoction of *bvkula* (*maulsari*) seeds, decoction of smaller *kañiakārī*, decoction of bigger *kañtakārī*, decoction *triphalā*, decoction of *vriddhadāraka's* root, decoction of *aparājitā* (*Viṣṇukrāntā*) and *pitta* of *rohit* fish.

Process of Drug-Making: Obtain the following materials: purified *gandhaka* (24 parts), *vanga bhasma* (12 parts), purified *pārada* (6 parts), *kṛiṣṇa abhraka*

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bhasma (14 parts), *lauha bhasma* (8 parts), *tāmra bhasma* (8 parts), *svarṇa bhasma* (2 parts), silver *bhasma* (7 parts), *hīraka bhasma* (13 parts), *svarṇamākṣika bhasma* (16 parts), purified *kāśīśa* (18 parts), purified *tutthaka* (6 parts), purified *haritāla* (4 parts), purified *manahśilā* (3 parts), purified *śilājātu*(5 parts), *muktā bhasma* (1 part) and purified borax (2 parts).

First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it in powdered form. Triturate the mix properly and impregnate it with the juice of *jambīra* lemon for seven times. Triturate it again and prepare small cakes out of it. Put these cakes in *śarāva saṁpuṭa* and close it by a piece of cloth treated with mud. When the mud is dried, put the *saṁpuṭa* in the middle of a *Bālukā Yañtra* which is filled with the sand. Close the mouth of the *Yañtra* and continuously cook the same for 24 hours. When the apparatus cools down on its own remove out the mix and triturate it into a fine powder.

Impregnate the fine powder separately and seven times each with decoction of *vakula* (*maulsaṛi*) seeds, decoction of smaller *kañṭakārī*, decoction of bigger *kañṭakārī*, decoction of *triphalā*, decoction of *vṛiddhadāraka's* root, decoction of *aparājitā* (*viṣṇukrāntā*) and with the *pitta* of *rohit* fish. Following this, prepare pills measuring 250 mg. each. Dry these pills and store them in glass bottles.

Method of use/ Administration and Therapeutic benefits: After worshipping gods, *gurus*, parents, sages and *munis*, this medicine should be consumed along with pepper powder. This would make a patient of severe *sannipāta* to gain his consciousness. This drug should be consumed along with decoctions of the *triphalā* and *trikaṭu* herbs by the patients suffering from *kapha* disorders, *sangrahaṇī*, *agnimāndya*, *plīhāvṛidhi*, *pāṇḍu*, *śūla* and problems related to gastro intestinal tract. In cases of difficult *kuṣṭha* (skin diseases including leprosy), it should be given with juice of *udumbara* leaves. This *Vāri Śoṣaṇa Rasa* also promotes digestive power, beauty, powder and complexion. This medicine should be used in curing all types of diseases. This precious medicine has been prepared by God Dhanvantarī.

(*Rasendra Sār Sangraha*)

त्रैलोक्यसुन्दरो रसः (र. सा. सं.)–

शुद्धसूतं द्विधा गन्धं ताम्राभ्रं सैन्यव विषम् । कृष्णजीरं विडङ्गञ्च गुडूचीसत्वचित्रकम् ।।११६।।
उग्रगन्धा यवक्षारं प्रत्येकं कर्षमात्रकम् । निर्गुण्डिकाद्रवैरग्निबीजपूरद्रवैर्दिनम् ।।११७।।
मर्दयेच्छोषयेत्सोऽयं रसस्त्रैलोक्यसुन्दरः । गुञ्जाद्वयं घृतैर्लेह्यं वातोदरकुलान्तकम् ।।११८।।

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वह्निचूर्णं यवक्षारं प्रत्येकञ्च पलद्वयम् । घृतप्रस्थं विपक्तव्यं गोमूत्रैश्च चतुर्गुणैः ।।
घृतावशेषं कर्त्तव्यं द्विमाषञ्च पिबेदनु ।।११९।।

116-119. Trailokyasundara Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *tāmra bhasma*, *abhraka bhasma*, rock salt, purified *vatsanābha viṣa*, black cumin seeds, *vāyaviḍanga*, abstract (*sattva*) of *guḍūcī*, bark of *citraka*, *vacā*, *yavakṣāra*, juice of *nirgunḍī* leaves, decoction of *cīraka's* bark and juice of *jambīra* lemon.

Process of Drug-Making: Take the following materials: purified *pārada* (1 part), purified *gandhaka* (2 parts), 1 part each of *tāmra bhasma*, *abhraka bhasma*, rock salt, purified *vatsanābha viṣa*, black cumin seeds, *vāyaviḍanga*, abstract (*sattva*) of *guḍūcī*, bark of *citraka*, *vacā* and *yavakṣāra*.

First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Thoroughly triturate the mix and impregnate it separately with juice of *nirgunḍī* leaves, decoction of *cīraka's* bark and juice of *jambīra* lemon for one day each. Triturate the mix again.

Method of use/Administration: Drug prepared by such method is known as *Trailokyasundara Rasa* and it is to be consumed in doses of 250 mg. each with *ghṛitam*.

Also, take powder of *citrakamūla's* bark and *yavakṣāra* measuring 96 ml. each, 750 ml. measure of cow *ghṛitam* and 3 litre of cow urine. Cook all these medicines methodologically and obtain *ghṛitam* out of it. Take 2 gm. of this *ghṛitam* as *anupāna* after consuming the above mentioned *Trailokya Sundara Rasa*.

Therapeutic benefits: Intake of this medicine in the prescribed manner would alleviate *vātika* problems related to gastro intestinal tract.

(*Rasendra Sār Sangraha*)

शोथोदरारिलौहम्–

पुनर्नवाऽमृतावह्निगवाक्षीमानशिग्रवः । सूर्यावर्त्तार्कमूलञ्च पृथगष्टपलं जले ।।१२०।।
पादशेषे श्रृतं द्रोणे सुपूते वस्त्रगालिते । लौहचूर्णाष्टपलकं पचेदाज्यसमं भिषक् ।।१२१।।
अर्कस्य द्विपलं क्षीरं स्नुहीक्षीरं चतुष्पलम् । पलद्वयं कौशिकस्य गन्धकस्य पलं तथा ।।१२२।।
पलार्द्धं पारदं सिद्धे वक्ष्यमाणन्तु निक्षिपेत् । जयपालं ताम्रमभ्रं शुद्धमत्र प्रदापयेत् ।।१२३।।
कङ्कुष्ठवह्निकन्दानांशराख्याद्घण्टकर्णकात् । पलाशस्यचबीजानिकञ्चुकी तालमूलिका ।।१२४।।

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त्रिफलायाः क्रिमिरिपोस्त्रिवृद्दन्तीभवं तथा । सूर्यावर्त्तगवाक्ष्योश्च वर्षाभूर्वज्रवल्लिका ।।१२५।।
एषां लौहसमांमात्रांस्निग्धेभाण्डे निधापयेत् । अतोऽस्य भक्षयेन्मात्रामनुपानञ्च युक्तितः ।।१२६।।
हन्ति सर्वोदरंशीघ्रं नात्र कार्या विचारणा । ये च शोथाः सुदुर्वाराश्चिरकालानुबन्धिनः ।।१२७।।
तान् सर्वान् नाशयत्याशु तमः सूर्योदये यथा । नातः परतरं किञ्चिच्छोथोदरविनाशनः ।।१२८।।
उदराणि पाण्डुरोगं कामलाञ्च हलीमकम् । अर्शोभगन्दरं कुष्ठं ज्वरं गुल्मञ्च नाशयेत् ।।१२९।।

120-129. Śothodarāri Lauham:

Ingredients: *Punarnavā*, *guḍūcī*, bark of *citraka*, root of *indrayava*, *mānaknanda*, bark of *śobhāñjana*, roots of *sūryāvarta*, *arka*, water, *lauha bhasma*, cow *ghṛitam*, latex of *arka*, *snuhī's* latex, purified *guggulu*, purified seeds of *jayapāla*, *tāmra bhasma*, *kankuṣṭha*, bark of *citraka*, *śūraṇkand*, *śarapunkha*, *ghaṇṭakarṇa*, seeds of *palāśa*, *kancuki* (*kṣīrīś*), *muṣalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *vāyaviḍanga*, *niśotha*, root of *dantī*, root of *sūryāvarta*, root of *indrayava*, root of *punarnavā*, root of *asthisanhāra*, *lauha bhasma* and *ghṛitam*.

Process of Drug-Making: Obtain 375 gm. each of *punarnavā*, *guḍūcī*, bark of *citraka*, root of *indrayava*, *mānaknanda*, bark of *śobhāñjana*, roots of the plant *sūryāvarta* and *arka*. Coarsely pulverize all these materials and decoct it with 13 litre measure of water till the original quantity is reduced to one fourth. Sieve the decoction and add to it 375 gm. each of *lauha bhasma* and cow *ghṛitam*, 93 gm. of latex of *arka*, 187 gm. of *snuhī's* latex and 93 gm. of purified *guggulu*.

Prepare *kajjalī* out of purified *gandhaka* (46 gm.) and purified *pārada* (23 gm.). Mix this *kajjalī* into the above preparation. Cook the preparation methodologically on a slow heat. Get equal parts (i.e. 375 gm. each) of powdered purified seeds of *jayapāla*, *tāmra bhasma*, *kankuṣṭha*, bark of *citraka*, *śūraṇkand*, *śarapunkha*, *ghaṇṭakarṇa*, seeds of *palāśa*, *kancuki* (*kṣīrīś*), *muṣalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *vāyaviḍanga*, *niśotha*, root of *dantī*, root of *sūryāvarta*, root of *indrayava*, root of *punarnavā* and root of *asthisanhāra*. Triturate all these materials into powder and mix them into the above mentioned cooked preparation. Stir the preparation thoroughly and collect it in a pitcher coated with *ghṛitam*.

Method of use/Administration: The dosage of *Śothodarāri Lauha* is to be prescribed only after diagnosing the patient's age, concentration of disease and similar factors along with proper *anupānas*. (Dosage: 500 mg. to 1 gm.)

Therapeutic benefits: This medicine is very much effective in checking all types of problems of gastrointestinal tract and chronic and inoperable *śotha* disorder. This medicine is the best medicine to cure gastrointestinal tract disorders

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accompanied with *śotha*. Apart from stomach disorders, it can also check *pāṇḍu*, jaundice, *halīmaka*, *arśa*, *bhagandara*, *kuṣṭha*, *jvara* and *gulma*.

(*Ras Kāmdhenu*)

पिप्पल्याद्यं लौहम् (र. सा. सं.)–

पिप्पलीमूलचित्राभ्रत्रिकत्रयेन्दुसैन्धवम् । सर्वचूर्णसमं लौहं हन्ति सर्वोदरामयम् ।।१३०।।

130. Pippalyāda Lauham:

Ingredients: *Pippalīmūla*, *citraka*, *abhraka bhasma*, *ṭrikaṭu*, *ṭriphalā*, *ṭrijaṭāka*, camphor and rock salt and *lauha bhasma*.

Process of Drug-Making: Take equal parts of *pippalīmūla*, *citraka*, *abhraka bhasma*, *ṭrikaṭu*, *ṭriphalā*, *ṭrijaṭāka*, camphor and rock salt. Powder all these materials and obtain *lauha bhasma* equal to the combined weight of all the powders. Triturate all the materials together and store the mix in a glass jar.

Dosage: 500 mg. to 1 gm.

Therapeutic benefits: This *Pippalīādya Lauha* is capable of curing all types of problems related to gastro intestinal tract.

(*Rasendra Sār Sangraha*)

विन्दुघृतम्–

अर्कक्षीरपलेद्वेचस्नुहीक्षीरपलानिषट् । पथ्याकम्पिल्लकं श्यामा शम्पाकंगिरिमल्लिका ।।१३१।।
नीलिनी त्रिवृता दन्ती शाङ्खिनी चित्रकं तथा । एतेषां पलिकैर्भागैर्घृतप्रस्थं विपाचयेत् ।।१३२।।
अथास्य मलिने कोष्ठे बिन्दुमात्रंप्रदापयेत् । यावतोऽस्य पिबेद्विन्दूँस्तावद्वारान् विरिच्यते ।।१३३।।
कुष्ठगुल्ममुदावर्त्तं श्वयथुं सभगन्दरम् । शमयत्युदराण्यष्टौ वृक्षमिन्द्राशनिर्यथा ।।१३४।।
एतद्विन्दुघृतं नाम येनाभ्यक्तो विरिच्यते ।।१३५।।

131-135.Bindu Ghṛitam:

Ingredients: Latex of *arka*, latex of *snuhī*, *pathyā*, *kampillaka*, *śyāmā*, *śampāka*, *girikarṇikā*, *nīlinī*, *ṭrivṛit*, *dantī*, *śankhini*, *citraka* (bark), *mūrcchita ghṛitam* and water.

Process of Drug-Making: Collect 93 gm. of the latex of *arka*, 280 gm. of the latex of *snuhī* and 46 gm. each of *pathyā*, *kampillaka*, *śyāmā*, *śampāka*, *girikarṇikā*, *nīlinī*, *ṭrivṛit*, *dantī*, *śankhini* and *citraka* (bark). Compound all of them together into a *kalka*. Add this *kalka* to 750 ml. measure of *mūrcchita ghṛitam* and cook it along with water measuring 3 litres.

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Method of use/Administration: This medicine should be administered in the dose of 1-5 drops to a patient having vitiated gastro-intestinal tract. As soon as he takes the drop, he purges considerably. Even a massage of this drug causes *virecana* (purgation).

Therapeutic benefits: It cures *kuṣṭha* (obstinate skin disease including leprosy), *gulma* (phantom tumour), *udāvarta* (upward movement of wind), edema, anal fistula and eight types of *udara roga* as easily as a tree is destroyed by the thunder bolt of God Indra. This is called *Bindu Ghṛitam*.

महाबिन्दुघृतम्–

स्नुहीक्षीरपले कल्के प्रस्थार्द्धञ्चैव सर्पिषः । कम्पिल्लकंपलञ्चैकं पलार्द्धं सैन्धवस्य च ।।१३६।।
त्रिवृतायाः पलञ्चैकं कुडवं धात्रिकारसात् । तोयप्रस्थेन विपचेच्छनैर्मृद्वग्निना भिषक् ।।१३७।।
शाणप्रमाणं दातव्यं जठरे प्लीहगुल्मयोः । तथा कच्छपरोगेषु युञ्जीत मतिमान् भिषक् ।।१३८।।
एतद् गुल्मान् सनिचयान् सशूलान्सपरिग्रहान् । निहन्त्येष प्रयोगो हि वायुर्जलधरानिव ।।१३९।।
पञ्चगुल्मवधार्थाय वज्रो मुक्तः स्वयम्भुवा । महाविन्दुघृतं नाम सिद्धं सिद्धैश्च पूजितम् ।।१४०।।

136-140. Mahābindu Ghṛitam:

Ingredients: Latex of *snuhī*, *mūrcchita* cow *ghṛitam*, water, *kāmpilla*, rock salt, *niśotha* and juice of *āmalakī*.

Process of Drug-Making: Obtain latex of *snuhī* (46 gm.) and *mūrcchita* cow *ghṛitam* (375 gm.). Take the following materials and prepare *kalka* by grinding them on a stone slab with water: *kāmpilla* (46 gm.), rock salt (23 gm.) and *niśotha* (36 gm.). Collect all these materials in a metal vessel along with juice of *āmalakī* (187 ml.) and water (750 ml.). Cook this preparation methodologically and obtain medicinal *ghṛitam*.

Method of use/Administration: Consume this *ghṛitam* in doses of 3 gm. along with lukewarm milk or water.

Therapeutic benefits: This would effectively check problems of gastrointestinal tract, *plīhā*, *gulma* and the disease named *kaccapa*. This *ghṛitam* also cures *sannipātika* generated *gulma* and related disorders. This medicine has been propounded by Svayambhu God. It has been worshiped by the learned teachers and is known as *Mahābindu Ghṛitam*. It acts like an irrevocable weapon similar to the *vajra* and it cures all five types of *gulma* without fail.

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नाराचघृतम्–

स्नुक्क्षीरदन्ती त्रिफला विडङ्गंसिंही त्रिवृच्चित्रककल्कयुक्तम् ।
घृतं विपक्वं कुडवप्रमाणंतोयेन तस्यापि हि तोलकार्द्धम् ।।१४१।।
पीत्वोष्णमम्भोऽनुपिबेद्विरिक्तःपेयां सुखोष्णां प्रपिबेद्विधिज्ञः ।
नाराचमेतज्जठरामयानांयुक्तयोपयुक्तं शमनं प्रदिष्टम् ।।१४२।।

141-142. Nārāca Ghṛitam:

Ingredients: *Snuhī* (latex), *dantī*, *triphalā* herbs, *viḍanga*, *simhī*, *tṛivṛit*, *citraka*, *mūrcchita ghṛitam* and water.

Process of Drug-Making: Obtain *snuhī* (latex), *dantī*, *triphalā* herbs, *viḍanga*, *simhī*, *tṛivṛit* and *citraka* (each measuring 10 gm.). Compound them into a *kalka*. Mix this *kalka* in *mūrcchita ghṛitam* measuring 375 gm. and water measuring 1.5 litre.

Method of use/Administration: This medicated *ghṛitam* should be taken in doses of 6-12 gm. After that one should drink lukewarm water. It would effect *virecana* (purgation). Following this lukewarm *peya* (thin gruel without containg any grains in it) should be given to the patient as food.

Therapeutic benefits: It cures *udara roga* when administered appropriately.

(Cakradatt)

नाराचकं घृतम् बृहत्–

लोध्रचित्रकचव्यानि विडङ्गं त्रिफला त्रिवृत् । शङ्खिन्वतिविषाव्योषमजमोदा निशाद्वयम् ।।१४३।।
दन्ती च कार्षिकं सर्वं गोमूत्रस्य पलाष्टकम् । चतुष्पलं स्नुहीक्षीरं राजवृक्षफलं तथा ।।१४४।।
एतैश्चतुर्गुणे तोये घृतप्रस्थं विपाचयेत् । उदरञ्चामवातञ्च प्लीहागुल्मभगन्दरान् ।।१४५।।
निहन्त्यचिरयोगेन गृध्रसीं स्तम्भमूरुजम् । बृहन्नाराचकं नाम घृतमेतद्यथाऽमृतम् ।।१४६।।

143-146. Nārācaka Ghṛitam (Major Recipe):

Ingredients: *Lodhra*, *citraka* roots, *cavya*, *vāyaviḍanga*, *haraḍa*, *vibhītaka*, *āmalakī*, *niśotha*, *śankhi* (roots), *ativiṣā*, dried ginger, *marica*, *pippalī*, *yavānī*, *haridrā*, *dāru haridrā*, *dantī* (roots), cow urine, latex of plant *snuhī*, pulp of *āragvadha* (*rajvṛikṣa*), *mūrcchita ghṛitam* and water.

Process of Drug-Making: Take 12 gm. measure each of *lodhra citraka* roots, *cavya*, *vāyaviḍanga*, *haraḍa*, *vibhītaka*, *āmalakī*, *niśotha*, *śankhi* (roots), *ativiṣā*, dried ginger, *marica*, *pippalī*, *yavānī*, *haridrā*, *dāru haridrā* and *dantī* (roots) and cow urine measuring 375 ml., latex of plant *snuhī* and pulp of *āragvadha*

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(*rajvṛikṣa*) measuring 187 ml. each. *Mūrcchita ghṛitam* measuring 750 gm. and water measuring about 3 litres.

First of all prepare *kalka* out of the above herbs and cook the medicine as per the *snehapāka* method (this method has been described in chapter pertaining to *jvara* i.e. fifth chapter).

Dosage: 6-10 gm.

Therapeutic benefits: This medicated *ghṛitam* is effective to check all kinds of problems of gastrointestinal tract, *vāta roga*, enlarged spleen, *gulma*, *bhagandara*, sciatica and *urastambha*. Its another name is *Bṛihannārācaka Ghṛitam*. It is as useful as the ambrosia itself.

चित्रकघृतम्–

चतुर्गुणे जले मूत्रे द्विगुणे चित्रकात् पले । कल्के सिद्धं घृतप्रस्थे सक्षारं जठरी पिबेत् ।।१४७।।

147. Citraka Ghṛitam:

Ingredients: *Mūrcchita ghṛitam*, water, cow's urine and *kalka* of *citraka*.

Process of Drug-Making: Get 750 gm. of *mūrcchita ghṛitam* cooked along with 3 litre of water, 1.5 litre of cow's urine and 46 gm. of the *kalka* of *citraka*.

Method of use/Administration: Consume this medicated *ghṛitam* along with *kṣāra* (alkali preparation). Dosage: 6 gm.

Therapeutic benefits: It cures *udara roga*.

(Cakradatt)

दशमूलषट्पलकं घृतम्–

दशमूलतुलाऽर्द्धरसेसक्षारैःपञ्चकोलकैःपलिकैः। सिद्धंघृतार्द्धपात्रंद्विर्मस्तुकमुदरगुल्मघ्नम्।।१४८।।

148. Daśamūla Ṣaṭapalaka Ghṛitam:

Ingredients: *Mūrcchita ghṛitam*, decoction of *daśamūla*, *kṣāra*, *pañca kola* and buttermilk.

Process of Drug-Making: Get 1500 ml. of *mūrcchita ghṛitam* boiled along with 2500 ml. of the decoction of *daśamūla*, 46 gm. of each of *kṣāra* and *pañca kola*, and 3 litre of buttermilk.

Dosage: 6 gm.

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Therapeutic benefits: Intake of this medicated *ghṛitam* cures *udara roga* and *gulma* (phantom tumour).

(Cakradatt)

त्रिवृतादिषट्पलकं घृतम्–

तथा सिद्धं घृतप्रस्थं पयस्यष्टगुणे पचेत् । स्नुक्क्षीरपलकल्केन त्रिवृताषट्पलेन च ।।१४९।।

149. Tṛivṛitādi ṣaṭapalakam Ghṛitam:

Ingredients: *Mūrcchita ghṛitam*, milk and latex of *snuhī*, *patra*, *triphalā* herbs and *tṛivṛit*.

Process of Drug-Making: Get 750 ml. of *mūrcchita ghṛitam* cooked along with 6 litre of milk and 46 gm. of the latex of *snuhī* and 280 gm. of *tṛivṛit* powder.

Dosage: 6-12 gm. along with warm milk or water.

Therapeutic benefits: This cures *udara roga*.

(Cakradatt)

दधिमण्डाद्यं घृतम्–

दधिमण्डाढकेसिद्धात्स्नुक्क्षीरपलकल्कितात् । घृतप्रस्थात् पिबेन्मात्रां तद्वज्जठरशान्तये ।।१५०।।

150. Dadhimandādya Ghṛitam:

Ingredients: *Mūrcchita ghṛitam*, curd-water and latex of *snuhī*.

Process of Drug-Making: Have 750 gm. of *mūrcchita ghṛitam* cooked along with 3 litre of curd-water, 46 gm. of the latex of *snuhī* and 3 litre of water.

Dosage: 6-12 gm. along with warm milk or water.

Therapeutic benefits: Intake of this medicated *ghṛitam* cures *udara roga*.

(Cakradatt)

रसोनतैलम्–

लशुनस्य तुलामेकां जलद्रोणे विपाचयेत् । चतुर्भागावशेषन्तु कषायमवतारयेत् ।
तत्क्वाथं च परिस्राव्य विशाले ताम्रभाजने । चित्रतैलाढकं दद्याद्भेषजानि प्रदापयेत् ।
त्रिकटुत्रिफलादन्तीहिङ्गुसैन्धवचित्रकम् ।।१५१।।
देवदारु वचा कुष्ठं मधुशिग्रु पुनर्नवा । सौवर्चलं विडङ्गानि दीप्यको हस्तिपिप्पली ।।१५२।।
एतेषां पलिकान्भागांस्त्रिवृताषट्पलानि च । पिष्ट्वा कषायेणानेन तैले मृद्वग्निना पचेत् ।।१५३।।
तत्पिबेत्प्रातरुत्थाय यथाग्निबलमात्रया । निहन्ति सकलान् रोगानुदराणि विशेषतः ।।१५४।।
मूत्रकृच्छ्रमुदावर्त्तमन्त्रवृद्धिं गुदक्रिमीन् । पार्श्वकुक्षिभवं शूलमामशूलमरोचकम् ।।१५५।।
यकृदष्ठीलिकाऽऽनाहान्प्लीहानंचाङ्गवेदनाम् । मासमात्रेणनश्यन्तिह्यशीतिर्वातजा गदाः ।।१५६।।

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151-156. Rasona Tailam:

Ingredients: Garlic pearls, water, *tṛikaṭu* herbs, *tṛiphalā* herbs, *dantī* roots, asafoetida, rock salt, *citraka* barks, *devadāru*, *vacā*, *kuṣṭha*, *rakta śobhāñjana* (*śigru*), *punarnavā* (roots), *suvarcala* salt, *vāyaviḍanga*, *yavānī*, *gajapippalī*, *niśotha*, water and *mūrcchita* oil.

Process of Drug-Making: Thrash 5 kg. measure of garlic pearls and dissolve it into water measuring 13litre. Boil the decoction till it is reduced to one fourth and strain the liquid. Also take, 50 gm. each of *tṛikaṭu* herbs, *tṛiphalā* herbs, *dantī* roots, asafoetida, rock salt, *citraka* barks, *devadāru*, *vacā*, *kuṣṭha*, *rakta śobhāñjana* (*śigru*), *punarnavā* (roots), *suvarcala* salt, *vāyaviḍanga*, *yavānī* and *gajapippalī* along with *niśotha* measuring 280 gm. and compound them on a stone slab with water and prepare a *kalka* out of the herbs. Obtain *mūrcchita* oil measuring 3 litre and combine all of the drugs above. This compound should be cooked properly on a slow heat.

Method of use/Administration: This medicine should be taken as per physical strength and digestive power of the patient. It should be taken in morning hours along with lukewarm milk or water. This medicine should be taken for month.

Dosage: 6-12 gm.

Therapeutic benefits: This medicinal oil alleviates eight kinds of problems related to gastro intestinal tract, retention of urine, *udāvarta*, hernia, worm-infestation, *pārśava śūla*, *kukṣi śūla*, *āma śūla*, anorexia, enlargement of liver, *aṣṭhīlika*, *ānāha* (constipation), enlargement of spleen and body pain as well as 80 types of *vātik* (rheumatic) problems.

(*Bhāvaprakāśa*)

उदररोगे पथ्यानि (प. प.)–

विरेचनं लङ्घनमब्दसंभवाःकुलत्थमुद्गारुणशालयो यवाः ।
मृगद्विजा जाङ्गलसंज्ञयाऽन्विताःपेयासुरामाक्षिकसीधुमाधवः ।।१५७।।
तक्रं रसोनो रुबुतैलमार्द्रकं शालिञ्जशाकं कुलकं कठिल्लकम् ।
पुनर्नवा शिग्रुफलं हरीतकीताम्बूलमेलायवशूकजायसम् ।।१५८।।
अजागवोष्ट्रीमहिषीपयो जलं लघूनि तिक्तानि च दीपनान्यपि ।
वस्त्रेण संवेष्टनमग्निकर्मता विषप्रयोगोऽनुयुतो यथायथम् ।।१५९।।
विशेषतः प्लीहसमुद्भवे पुनर्वामे प्रबाहौ धमनीव्यधः परः ।
बद्धोदरे चोदकजे क्षतोत्थिते नाभेरधः शस्त्रविधिर्यथाविधि ।।१६०।।
समीरणोत्थे घृतपानमादितः साभ्यञ्जनं वाऽप्यनुवासनं तथा ।
यथामलं पथ्यगणोऽयमाश्रितः सखा नृणां स्यादुदरामये सति ।।१६१।।

157-161. Diet and regimens during the problems of gastrointestinal tract: Administration of the *vamana* therapy, fasting, taing one year old pulse of

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kulattha, old *śāli* rice, barley, meat of the wild animals and birds, *peya*, *surā*, honey, liquor obtained from the plant *madhuka* and *sīdhu*, butter-milk, garlic pearls, *eraṇḍa* oil, ginger, the *śāli nca* leaves, *paṭola*,*kārvellaka*, *punarnavā*, fruits of plant *śigru*, *haraḍa*, betal leaves, smaller cardamom, *yavakṣāra*, *lauha bhasma*, milk and urine of the goat. Cow and buffalo, easily digestible and bitter items. Similarly, placing on the abdomen of the patient a belt treated with the herbs that promote digestive power, cauterization, and the like are useful for the patient.

In the case of the *plīhodara*, the blood letting could be done through cutting the front portion of the left arm. In cases of *baddhodara*, *jalodara* and *kṣatodara*, the the accumulated water, etc, could be removed out through cutting the portion below the naval. In cases of *vātodara* the patient should be subjected to the smoke-therapy. This should be followed by the *abhyanjana* therapy and finally by the *anuvāsana* type of *basti* therapy. Thus, in the cases of the *udara* diseases, the regulation should be followed by considering the vitiated *doṣa* in question.

उदररोगेऽपथ्यानि (प. प.)–

संस्नेहनं धूमपानं जलपानं शिराव्यधम् । छर्दिर्यानं दिवा निद्रां व्यायामं पिष्टवैकृतम् ।।१६२।।
औदकानूपमांसानि पत्रशाकांस्तिलानपि । उष्णानि च विदाहीनि लवणान्यशनानि च ।।१६३।।
शिम्बीधान्यं विरुद्धान्नं दुष्टनीरं गुरूणि च । महेन्द्रगिरिजातानां सरितां सलिलानि च ।।१६४।।
विष्टम्भीनि विशेषात्तु स्वेदं विष्टम्भसंभवे । वर्जयेदुदरव्याधौ वैद्यो रक्षन्निजं यशः ।।१६५।।

162-165. Prohibitions of food and habits during problems of gastrointestinal tract: following measures are prohibited while suffering from problems of gastrointestinal tract-ointmenting, smoking, drinking water (in large quantity), blood letting, vomiting, riding, sleeping during day hours, taking hard exercises and the like. Similarly, following eatables should be avoided by the patient: eatables that are deeply fried into oils, meat of water born creatures and animals and birds of marshy region, leafy vegetables, sesame, hot and salty edibles, *mudga* beans, incompatible meals, contaminated water, water of rivers originating in Mahendrāchala (probably the Himalayas) and the like. While suffering from constipation, *svedana* therapy and taking meals that develop constipation should be avoided. The physician who is taking up the cases of problem of gastrointestinal tract should specially instruct the patient about these regulations. If he does not do so, he may lose his reputation.

इति भैषज्यरत्नावल्यामुदररोगचिकित्साप्रकरणम् ।।४०।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायामुदररोगचिकित्साप्रकरणम् ।।४०।।

End of the Chapter 40 of Bhaiṣajya Ratnāvalī with Commentary

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अथ प्लीहयकृद्रोगचिकित्साप्रकरणम् ४१

Chapter 41
Plīhayakrida Roga

तत्रादौ सामान्यक्रमः (यो. र.)–

स्नेहस्वेदप्रकारादि विधेयं प्लीहरेगिणि । दध्ना भुक्तवतो वामबाहुमध्ये शिरां भिषक् ।।१।।
विध्येत् प्लीहविनाशाय यकृन्नाशाय दक्षिणे । प्लीहानं मर्दयेद्गाढं दुष्टरक्तप्रशान्तये ।।२।।
मणिबन्धे समुत्पन्नवामाङ्गुष्ठसमीरिताम् । दहेच्छिरां क्षारेणाशु वैद्यः प्लीहप्रशान्तये ।।३।।

1-3. After the intake of curd along with food, venesection should be performed in the left arm of the patient for the cure of spleen related enlargement and in the right arm for the cure of liver enlargement. During venesection the spleen should be massaged forcefully for the elimination of the polluted blood.

(*Yoga Ratnākar*)

शिग्रुक्वाथः (व. से.)–

अम्लवेतससंयुक्तः शिग्रुक्वाथः ससैन्धवः । पीतः प्लीहोदरं हस्तिपिप्पलीमरिचान्वितः ।।४।।

4. Śigru Kvātha:

Ingredients: *Pippalī*, black pepper, *amlavetsa*, rock salt and decoction of *śobhāñjana's* bark.

Process of Drug-Making: Take equal parts of *pippalī*, black pepper, *amlavetasa* and rock salt. Mix these powders in the decoction of *śobhāñjana's* bark.

Therapeutic benefits: Drinking such decoction would help in alleviating enlargement of spleen.

(Vangasen)

रोहीतकाभयाक्वाथः (च. द.)–

रोहीतकाभयाक्वाथः कणाक्षारसमन्वितः ।।५।।

5. Rohitkābhayā Kvātha:

Ingredients: Decoctions of *rohītaka's* bark and bigger *haraḍa*, powders of *pippalī* and *yavakṣāra*.

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Process of Drug-Making: Methodologically prepare decoctions of *rohītaka's* bark and bigger *haraḍa*.

Method of use/Administration: Add powders of *pippalī* (1 gm.) and *yavakṣāra* (1 gm.) into the decoction and drink the same.

Therapeutic benefits: Drinking such decoction would help in checking enlargement of liver and spleen.

(Cakradatt)

शोभाञ्जनक्वाथः–

शोभाञ्जनकनिर्य्यूहं सैन्यवाग्निकणान्वितम् । पलाशक्षारयुक्तं वा यबक्षारं प्रयोजयेत् ।।६।।

6. Śobhānjana Kvātha:

Ingredients: *Śobhānjana*, rock-salt, *citraka* and *pippalī* or *yavakṣāra*.

Process of Drug-Making: This is a decoction-based formula involving the plant *śobhāñjana*.

Method of use/Administration: Consume decoction (or juice) of *śobhānjana* along with rock-salt (1 gm.), *citraka* (1 gm.) and *pippalī* (1 gm.) or *yavakṣāra* (500 ml.) or the *kṣāra* (alkali preparation) of *palāśa* (500 ml.).

Therapeutic benefits: It cures spleen related enlargement.

(Cakradatt)

शार्ङ्गष्ठानिर्यूहः–

शार्ङ्गष्ठानिर्यूहःससैन्यवस्तिन्तिडीकसंमिश्रः । प्लीहव्युपरमयोगः पक्वाम्ररसोऽथवा समधुः ।।७।।

7. Decoction of *śārngāṣṭha* mixed with rock-salt and *tintiḍi* or the juice of mango mixed with honey cures spleen related enlargement.

(Cakradatt)

पिप्पल्यादिचूर्णम्–

पिप्पलीं नागरं दन्तीं समांशं द्विगुणाभयाम् । चूर्णं पीतं विडार्धांशं प्लीहघ्नमुष्णवारिणा ।।८।।

8. Pippalīādi Cūrṇam:

Ingredients: Powder of *pippalī*, *nāgara*, *dantī* and *viḍa*.

Process of Drug-Mâking: Combine powders of *pippalī* (one part), *nāgara* (one part), *dantī* (one parts) and *viḍa* (half part).

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Method of use/Administration: Consume it in doses of 3 gm. along with hot water.

Therapeutic benefits: It cures spleen related enlargement.

(Cakradatt)

यमानिकादिचूर्णम्–

यमानिकाचित्रकयावशूकं षड्ग्रन्थिदन्तीमगधोद्भवानाम् ।
प्लीहानमेतद्विनिहन्ति चूर्णमुष्णाम्बुना मस्तुसुरासवैर्वा ।।९।।

9. Yamānīkādi Cūrṇam:

Ingredients: *Yamānīka*, *citraka*, *yavakṣāra*, *ṣaḍgranthi*, *dantī* and *pippalī*.

Process of Drug-Making: Combine powders of *yamānīka*, *citraka*, *yavakṣāra*, *ṣaḍgranthi*, *dantī* and *pippalī* (each taken in equal parts).

Method of use/Administration: Consume the powders in doses of 3 gm. along with hot water, *mastu* (thin buttermilk), *surā* (alcoholic preparation) or *āsava* (another type of alcoholic preparation).

Therapeutic benefits: It cures spleen related enlargement.

(Cakradatt)

रोहीतकाद्यं चूर्णम्–

रोहीतकं यवक्षारो भूनिम्बः कटुरोहिणी । मुस्तकं नरसारञ्च वीरा विश्वं सुचूर्णितम् ।।१०।।
मात्रमात्रं ततः खादेच्छीततोयानुपानतः । यकृद्रोगं निहन्त्याशु भास्करस्तिमिरं यथा ।।११।।

10-11. Rohitkādyam Cūrṇam:

Ingredients: *Rohītaka* (bark), *yavakṣāra*, *kirātatikta*, *kaṭukī*, *mustā*, *narasāra*, *ativiṣa* (*vīra*) and dried ginger.

Process of Drug-Making: Obtain equal parts of *rohitak* (bark), *yavakṣāra*, *kirātatikta*, *kaṭukī*, *mustā*, *narasāra*, *ativiṣa* (*vīra*) and dried ginger. Properly ground these items.

Method of use/Administration: Consume 3 gm. of this powder along with cold water both during morning and evening hours.

Therapeutic benefits: This helps in checking disorders of livers. The effect of this powder is similar to sun in alleviating darkness.

(Cakradatt)

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गुडूच्यादिचूर्णम्–

गुडूच्यतिविषा शुण्ठीभूनिम्बयवतिक्तकम् । मुस्ता कणा यवक्षारः कासींसं भ्रमरातिथिः ।।१२।।
एतेषां समभागेन चूर्णमेव विनिक्षिपेत् । यकृत्प्लीहपाण्डुरोगमग्निमान्द्यमरोचकम् ।।१३।।
ज्वरमष्टविधं हन्ति साध्यासाध्यमथापि वा । नानादोषोद्भवञ्चैव वारिदोषभवं तथा ।।
विरुद्धभेषजभवं ज्वरमाशु व्यपोहति ।।१४।।

12-14. Guḍūcyādi Cūrṇam:

Ingredients: Powdered *neem*, *guḍūcī*, *ativiṣa*, dried ginger, *kirātatikta*, *yavatikta* (*kālmegha*), *mustā*, *pippalī*, *yavakṣāra*, purified *kāśiś* and bark of *campaka's* root.

Process of Drug-Making: Take equal parts of powdered *neem*, *guḍūcī*, *ativiṣa*, dried ginger, *kirātatikta*, *yavatikta* (*kālmegha*), *mustā*, *pippalī*, *yavakṣāra*, purified *kāśiś* and bark of *campaka's* root. Mix all of them.

Method of use/Administration: Daily take 3 gm. of this mix with lukewarm water.

Therapeutic benefits: This would help in alleviating enlargement of spleen and liver, *pāṇḍu roga*, *agnimāndya*, *arocaka*, eight types of fever, various types of difficult and simple cases of fever, fever caused due to various body vitiations, water vitiation and consuming incompatible foods.

(Cakradatt)

रोहीतकादिप्रयोगः–

रोहीतकाभयाक्षोदभावितं मूत्रमम्बु वा । पीतं सर्वोदरप्लीहमेहार्शःक्रिमिगुल्मनुत् ।।१५।।

15. Intake of the powder of *rohītaka* and *abhayā* along with cow's urine and water cures all types of *udara roga*, spleen related enlargement, *meha* (urinary disorders including diabetes), piles, parasitic infestation and *gulma* (phantom tumour).

(Cakradatt)

शङ्खनाभिभस्म प्लीह्नि–

रसेनजम्बीरफलस्यशङ्खनाभीरजःपीतमशेषमेव।
कर्षप्रमाणंशमयेत्समूलंप्लीहामयंकूर्मसमानमाशु।।१६।।

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16. Intake of the *bhasma* of *śankha nābhi* (conch shell) in a dose of 500 mg. to 1 gm. along with the juice of *jambīra* cures instantaneously spleen related enlargement which is as hard and smooth as the back of a tortoise.

(Vangasen)

समुद्रशुक्तिभस्मपिप्पलीयोगौ (च. द.)–

पातव्यो युक्तितः क्षारःक्षीरेणोदधिशुक्तितः। पयसावाप्रयोक्तव्याःपिप्पल्यः प्लीहशान्तये ।।१७।।

17. Intake of the *kṣāra* (alkali preparation) of *udadhi śukti* (sea shell) along with milk and intake of *pippalī* along with milk cures spleen related enlargement.

(Cakradatt)

तालपुष्पक्षारादियोगाः प्लीह्नि–

तालपुष्पोद्भवक्षारः सगुडः प्लीहनाशनः ।।१८।।
गुडैश्चित्रकमूलं वा रजन्यर्कदलं तथा । धातकीपुष्पचूर्णं वा प्रत्येकं प्लीहनाशनम् ।।१९।।

18-19. Intake of the *kṣāra* (alkali preparation) obtained by burning the fruits of *tāla* along with jaggery cures spleen related indisposiions.

(Cakradatt)

चित्रकवटिका–

चित्रस्य मूलकं पिष्ट्वा कृत्वा तु वटिकात्रयम् । कदलीपक्वमध्येन भक्षणं प्लीहनाशनम् ।।२०।।

20. Citraka Vaṭikā:

Ingredients: Bark of *citraka*.

Process of Drug-Making: Prepare a paste out of the bark of *citraka* and prepare pills measuring 500 mg. each. Dry these pills.

Method of use/Administration: Daily consume this pill by putting in the middle of a ripe banana fruit.

Therapeutic benefits: This would alleviate the spleen disorder.

(Cakradatt)

विडङ्गादियोगः (च. द.)–

विडङ्गाज्याग्निसिन्धूत्थशक्तून्दग्ध्वावाचाऽन्वितान्।पिबेत्क्षीरेणसंचूर्ण्यगुल्मप्लीहोदरापहान् ।।२१।।

21. Viḍangādi Yoga:

Ingredients: *Viḍanga*, *arka*, *citraka*, rock-salt, *saktu* (roasted corn flour) and *vacā*.

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Process of Drug-Making: Obtain 10 gm. measure each of the *viḍanga*, *arka*, *citraka*, rock-salt, *saktu* (roasted corn flour) and *vacā* and ground them into a powder. Triturate these powders along with *ghṛitam* measuring 10 gm. and prepare a lump out of the same. Place the lump inside a a *śarāva saṁputa* and cook it through the method of *laghuputa*. After this process is complted, remove out the lump and compound it thoroughly.

Method of use/Administration: Consume this powder in doses of 1-2 gm. along with milk.

Therapeutic benefits: It cures *gulma* (phantom tumour) and *plīhodara*.

(Cakradatt)

रोहीतकादिवटी–

रोहीतकत्वक्शिखिवल्कलं च यमानिका चेक्षुरबीजमुत्तमम् ।
पृथक् पृथक् तद् दशतोलकोन्मितंद्वितोलकं स्याल्लवणोत्तमं च ।।२२।।
तत्रैकतोलं नरसारचूर्णं करञ्जपत्रस्वरसेन सर्वम् ।
विचूर्णितं चारु विमर्द्य यत्नात् कोलास्थितुल्यां वटिकां विदध्यात् ।।२३।।
तां कारवेल्लस्वरसेन साकंसंसेवमानो यकृदुत्थरोगान् ।
प्लीहोदरव्याधिगणं च गुल्मं विनाशयेन्निश्चितमेतदूह्यम् ।।२४।।

22-24. Rohitakādi Vaṭī:

Ingredients: *Rohītaka* (its bark), bark of *citraka's* root, caraway seeds, *ikṣurabīja*, rock salt, *narasāra* and juice of *karañja* leaves.

Process of Drug-Making: Take 100 gm. each of *rohītaka* (its bark), bark of *citraka's* root, caraway seeds, *ikṣurabīja* along with 20 gm. of rock salt and 10 gm. of *narasāra*. Compound these materials into powder. Impregnate this powder with juice of *karañja* leaves for osne day. Subsequently triturate the mix and prepare pills measuring 500 mg. Dry these pills and store them in glass bottle.

Method of use/Administration: Take one pill each during morning and evening hours and drink juice of *kārvellaka*.

Therapeutic benefits: This would check disorders of liver, enlargement of spleen, *gulma* and all types of problems related to gastro intestinal tract.

(Cakradatt)

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पिप्पलीप्रयोगः (च. द.)–

पिप्पली किंशुकक्षारभावितां सम्प्रयोजयेत् । गुल्मप्लीहापहां वह्निदीपनीञ्च रसायनीम् ।।२५।।

25. Administration of *pippalī* impregnated with the *kṣāra* (alkali preparation) of *kinsuka* cures *gulma* (phantom tumour) and spleen enlargement. It effectively stimulates the power of digestion.

(Cakradatt)

पिप्लीवर्द्धमानानि–

क्रमवृद्ध्या दशाहानि दशपिप्पलिकं दिनम् । वर्द्धयेत्पयसा सार्द्धं तथैवापनयेत्पुनः ।।२६।।
जीर्णाजीर्णे च भुञ्जीत षष्टिकं क्षीरसर्पिषा । पिप्पलीनां सहस्रस्य प्रयोगोऽयं रसायनः ।।२७।।
दशपिप्पलिकःश्रेष्ठोमध्यमःषट्प्रकीर्त्तितः । यस्त्रिपिप्पलिपर्यन्तः प्रयोगः सोऽवरः स्मृतः ।।२८।।
बृंहणं वृष्यमायुष्यं प्लीहोदरविनाशनम् । वयसः स्थापनं मेध्यं पिप्पलीनां रसायनम् ।।२९।।
पञ्चपिप्पलिकश्चापि दृश्यते वर्द्धमानकः । पिष्ट्वा च बलिभिः पेया श्रृता मध्यबलैर्नरैः ।।
शीतीकृत्य ह्रस्वबलैर्देहदोषामयान् प्रति ।।३०।।

26-30. Pippalī Vardhamāna:

Ingredients: One thousand pieces of *pippalī*, buttermilk and milk.

Process of Drug-Making: Take one thousand fruits of *pippalī* and soak them in buttermilk for seven days. For this purpose an earthen pot should be used. Everyday the buttermilk of previous day should be replaced by fresh buttermilk.

Method of use/Administration: The patient should take 10 fruits of *pippalī* on first day, 20 in next day, 30 in third day and likewise he should continue increasing the doses till 10th day. On the 11th day he should start reducing the dose by 10 pieces every day. Thus, he should continue to take the *pippalī* fruits for 20 days. This medication should be continued along with milk. The amount of milk should be taken as per digestive capacity of the user. The milk should be *śṛītaśīta* (i.e. cooled down after being boiled). The milk could be taken in little quantities for several times in a day. It could be sweetened by use of sugar in little quantity or through *kalka* of raisin fruit. If the patient feels hungry he should take cooked rice of *ṣaṣṭhi* variety along with milk and *ghṛitam*. However, it is better if the patient takes only milk. To a patient of moderate strength, it should be given in the form of a decoction and to the patient with less of strength, it should be given in a powder form. However, the mode of administration should be determined on the basis of the nature of the physique, *doṣas* and the disease. Increasing and decreasing the doses by ten *pippalīs* is the best method and it is moderate to

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increase and decrease at the rate of six *pippalīs* per day. Administration of only sixty *pippalīs* in total is of inferior nature. Some physicians administer this therapy even by increasing or reducing by five *pippalīs* per day. In cases of the patient with a mediocre level of digestive power, the decoction of the fruits of *pippalī* in prescribed number could also could be served. Likewise, In cases of the patient with a weak level of digestive power, the water obtained after soaking into it the fruits of *pippalī* in prescribed number (for an overnight period and subsequently strained) could also could be served.

Therapeutic benefits: This *Sahasrapippalī Prayoga* is a great *rasāyaṇa*. This is rejuvenating tonic. To a strong patient it should be given in the form of a *kalka*. It promotes nourishment, virility and longevity. It restores the youth fullness and promotes intellect.

(Cakradatt)

अर्कलवणम्–

अर्कपत्रं सलवणमन्तर्धूमं दहेन्नरः । मस्तुना तत्पिबेत्क्षारं प्लीहगुल्मोदरापहन् ।।३१।।

31. Arkalavaṇam:

Ingredients: Rock salt, water and leaves of *arka*.

Process of Drug-Making: Ground rock salt with water and paste the same on the mature leaves of *arka*. In this wayraise a heapof leaves each having a coating of the paste of rock salt. Place the heap of leaves in a pitcher. Close its mouth and cook it through the *puṭa pāka* method using the process of *gajapuṭa*. Pulverize the cooked leaves and thus obtain the *arka lavaṇa*.

Method of use/Administration: Consume 500-1000 mg. of this powder along with curd water and buttermilk.

Therapeutic benefits: This help in alleviating the problems of spleen, *gulma* and gastrointestinal tract.

(Vangasen)

अभयालवणम्–

पारिभद्रपलाशार्कस्नुह्यपामार्गचित्रकम् । वरुणाग्निमन्थवसुकश्वदंष्ट्राबृहतीद्वयम् ।।३२।।
पूतिकास्फोतकुटजकोषातक्यः पुनर्नवा । समूलपत्रशाखाश्च क्षोदयित्वा उलूखले ।।३३।।
तिलनालप्रदीप्ताग्निसुदग्धं भस्म शीतलम् । क्षारप्रस्थं गृहीत्वा तु न्यसेत्पात्रे दृढे नवे ।।३४।।
जलद्रोणे विपक्तव्यं ग्राह्यं पादावशेषितम् । पूर्ववत्क्षारकल्केन स्नापयीत विचक्षणः ।।३५।।

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प्रस्थमेकञ्च लवणं तदर्द्धञ्च हरीतकीम् । तुल्याम्बुभागं गोमूत्रं साधयेन्मृदुनाऽग्निा ।।३६।।
किञ्चित्सबाष्पसान्द्रेचसम्यक् सिद्धेऽवतारिते । अजाजी त्र्यूषणं हिङ्गु यमानी पौष्करं शटी ।।३७।।
एतैरर्द्धपलैर्भागैश्चूर्णं कृत्वा प्रदापयेत् । अभयालवणं नाम भक्षयेच्च यथाबलम् ।।३८।।
व्याधिं संवीक्ष्य मतिमाननुपानं यथाहितम् । ये च कोष्ठगता रोगास्तान्निहन्ति न संशयः ।।३९।।
यकृत्पलीहोदरानाहगुल्माष्ठीलाऽग्निसादजित् । हन्याच्छिरोऽर्त्तिहृद्रोगं
शर्कराऽश्मरिनाशनम् ।।४०।।

32-40. Abhayā Lavaṇam:

Ingredients: *Pāribhadra* (a kind of *nimba*), *palāśa*, *arka*, *snuhī*, *apāmārga*, *citraka*, *varuṇa*, *agnimantha*, *vasuka*, *śvadamṣṭra*, *bṛihatī*, *kañṭakārī*, *pūtikā*, *āsphoṭā*, *kuṭaja*, *koṣatakī*, *punarnavā* along with their roots, leaves and stems, water, *haraḍa* powder, cow urine, cumin seeds, dried ginger, pepper, black pepper, asafoetida, caraway seeds, *puṣkaramūla* and *karcūra*.

Process of Drug-Making: Take equal parts of *pāribhadra* (a kind of *nimba*), *palāśa*, *arka*, *snuhī*, *apāmārga*, *citraka*, *varuṇa*, *agnimantha*, *vasuka*, *śvadamṣṭra*, *bṛihatī*, *kañṭakārī*, *pūtikā*, *āsphoṭā*, *kuṭaja*, *koṣatakī* and *punarnavā* along with their roots, leaves and stems. Compound them into a coarse powder and keep them in a mouth-closed pot. Place the pot on a stove and thus prepare a *bhasma* of all the ingredients. Take one kilogram of this *bhasma* and cook it along with 12.50 litres of water in a strong earthen pitcher. When the original quantity is reduced to one fourth strain the medicine and add to it 750 gm. measure of the rock salt, half kilogram of *haraḍa* powder and cow urine measuring four litres. Cook it again on a slow heat. When the preparation gets consolidated add to it 24 gm. powder each of cumin seeds, dried ginger, pepper, black pepper, asafoetida, caraway seeds, *puṣkaramūla* and *karcūra*. Stir the preparation properly.

Method of use/Administration: This recipe should be served in doses depending on age of the user as well as degree of the concerned ailment.

Therapeutic benefits: It undoubtedly cures all diseases of gastro-intestinal tract including *yakṛiddodara*, *plīhodara*, abdominal distension, *gulma* (phantom tumour), *aṣṭhilā* (stoney growth in the abdomen), suppression of the power of digestion, *cidrodara*, heart disease, *śarkara* (gravel uria) and *aśmarī* (stone in the urinary tract).

(Vangasen)

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परिकरो योगः (मानकादिगुडिका)–

मानमार्गामृता वासा स्थिरा सैन्धवचित्रकम् । नागरं तालपुष्पञ्च प्रत्येकञ्च त्रिकार्षिकम् ।।४१।।
बिडसौवर्चलक्षारपिप्पल्यश्चापि कार्षिकाः । एतच्चूर्णीकृतं सर्वं गोमूत्रस्याढके पचेत् ।।४२।।
सान्द्रीभूते गुडीं कुर्याद्दत्त्वा त्रिपलमाक्षिकम् । यकृत्पलीहोदरहरो गुल्माशोंग्रहणीहरः ।
योगः परिकरो नाम्ना ह्यग्निसन्दीपनः परः ।।४३।।

41-43. Mānakādi Guṭikā:

Ingredients: *Māna*, *amṛitā*, *vāsa*, *sthirā*, *citraka*, rock salt, *viḍa*, *sauvarcala*, *kṣāra* (alkali preparation), *pippalī*, cow's urine, powder of *triphalā* and honey.

Process of Drug-Making: Obtain 35 gm. each of *mana*, *amṛitā*, *vāsa*, *sthirā*, *citraka* and rock salt, and 12 gm. of each of *viḍa*, *sauvarcala*, *kṣāra* (alkali preparation) as well as *pippalī*. Get all these drugs triturated and cook their mix in 3 litre of cow's urine. Whenthe preparation becomes semisolid, powder of *triphalā* and honey (140 gm.) should be added to it and pills measuring 500 mg. should be prepared out of this *kalka*.

Therapeutic benefits: It cures *yakṛiddodara*, *plīhodara*, *gulma* (phantom tumour), poles and *grahaṇī* (sprue syndrome). It also stimulates the power of digestion.

(Cakradatt)

मानकादिगुडिका (बृहती)–

मानमार्गस्थिरावह्निस्नुहीनागरसैन्धवम् । तैलैरण्डं क्रिमिघ्नञ्च हवुषं चविका वचा ।।४४।।
विडसौवर्चलक्षारपिप्पलीशरपुङ्खकम् । जीरकं पारिभद्रञ्च प्रत्येकं कर्षकद्वयम् ।।४५।।
सार्द्धाढके गवां मूत्रे पचेत्सर्वं सुचूर्णितम् । सान्द्रीभूते क्षिपेदेषां चूर्णकं कर्षसम्मितम् ।।४६।।
अजाजीत्र्यूषणं हिङ्गु यमानी पुष्करं शटी । त्रिवृदन्ती विशाला च दत्त्वा त्रिपलमाक्षिकम् ।।४७।।
खादेग्निबलापेक्षी बुद्ध्वा चानुपिबेन्नरः । यकृत्पलीहोदरानाहगुल्मं पाण्डुं सकामलम् ।।४८।।
कुक्षिशूलञ्च हच्छूलं पार्श्वशूलमरोचकम् । शोथञ्च श्लीपदं हन्ति जीर्णञ्च विषमज्वरम् ।।४९।।

44-49. Mānakādi Guḍikā (Major Recipe):

Ingredients: *Manakānanda*, *apāmārga*, *śālaparṇī*, *citraka* bark, root of *snuhī*, dried ginger, rock salt, *kṣāra* of *taljaṭā* or its flowers, *vāyaviḍanga*, *hapuṣa*, *cavya*, *vacā*, *viḍa lavaṇa*, *suvarcala* salt, *yavakṣāra*, *śarapunkhaka*, cumin, barks of *neem*, *ghṛitam*, cumin, dried ginger, *marica*, *pippalī*, purified *hingu*, caraway seeds, *puṣkaramūla*, *karcūra*, *niśotha*, root of *dantī*, root of *indrayava* and honey.

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Process of Drug-Making: Obtain 23 gm. each of *manakānanda*, *apāmārga*, *śālaparṇī*, *citraka* bark, root of *snuhī*, dried ginger, rock salt, *kṣāra* of *taljaṭā* or flowers, *vāyaviḍanga*, *hapuṣa*, *cavya*, *vacā*, *viḍa lavaṇa*, *suvarcala* salt, *yavakṣāra*, *śarapunkhaka* and cumin, barks of *neem*. Compound these materials into a fine powder. Pour this powder in castor oil measuring 4 ½ litres (approx.) and cook them together. When the preparation becomes thick, add to it the powders measuring 12 gm. each of the following (that have been obtained after sieving them through a piece of cloth): cumin, dried ginger, *marica*, *pippalī*, purified *hingu*, caraway seeds, *puṣkaramūla*, *karcūra*, *niśotha*, root of *dantī* and root of *indrayava*. Also add to it honey measuring 140 gm. and properly stir the preparation. Collect the cooked preparation in an earthenware.

Method of use/Administration: The dosage should be prescribed only after diagnosing the digestive power of patient. After consuming this medicine one should drink lukewarm water or milk as *anupāna*.

Therapeutic benefits: In this way, regular consumption of *Bṛihanmānakādi guḍikā* helps in curing enlargement of spleen and liver, problems related to gastro intestinal tract, *ānāha*, *gulma*, *pāṇḍu*, jaundice, *kukṣi śūla*, *hṛichūla*, *pārśava śūla*, *aruci*, *śotha*, *ślīpada*, *jīrṇa* and *viṣam jvara*.

भल्लातकादिमोदकः (च. द.)–

भल्लातकाभयाजाजीगुडेन सह मोदकः । सप्तरात्रान्निहन्त्याशु प्लीहानमतिदारुणम् ।।५०।।

50. Bhallātakādi Modaka:

Ingredients: *Bhallātaka*, *abhayā*, *ajājī* and jaggery.

Process of Drug-Making: Take equal parts of *bhallātaka*, *abhayā* and *ajājī* and compound them together into a fine powder. Mix the preparation with jaggery (6 parts) and make *modakas* (large size pills) out of it.

Therapeutic benefits: Intake of this for seven nights cures serious type of spleen related enlargement.

(Cakradatt)

गुडपिप्पली (र. र.)–

पलैकं गुडमादाय पिप्पलीं च तथैव च । हिङ्गुत्रिकटुकादीनां सैन्धवानां द्विमाषिकम् ।।५१।।
चित्रकं च विड़ं चैव द्वौ क्षारौ शिकरीं तथा । तालपुष्पं कोकिलाक्षं चिञ्चाक्षारं सफेनकम् ।।
स्नुहीक्षीरसमायुक्तं प्लीहज्वरविनाशनम् ।।५२।।

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51-52. Guḍa Pippalī:

Ingredients: *Guḍa*, *pippalī*, *hingu*, dried ginger, pepper, *marica*, *pippalī*, rock salt, *chitraka*, *vāyaviḍanga*, *yavakṣāra*, *svarjikṣāra*, *kṣāra* of *apāmārga*, *tālapuṣpa*, *kokilākṣa*, *kṣāra* of tamarind, *phenakam* and latex of *snuhī*.

Process of Drug-Making: Take 50 gm. each of *guḍa* and *pippalī* along with 2 gm. each of *hingu*, dried ginger, pepper, *marica*, *pippalī*, rock salt, *chitraka*, *vāyaviḍanga*, *yavakṣāra*, *svarjikṣāra*, *kṣāra* of *apāmārga*, *tālapuṣpa*, *kokilākṣa*, *kṣāra* of tamarind, *phenakam* and latex of *snuhī*. Methodologically prepare *modaka* out of these materials.

Dosage: 1-2 gm.

Therapeutic benefits: Intake of this medicine helps to get relief from *plīhājvara*.

(*Ras Ratnākar*)

गुडपिप्पली (बृहती)–

विडङ्ग त्र्यूषणं कुष्ठं हिङ्गु लवणपञ्चकम् । त्रिक्षारं फेनकं वह्निः श्रेयसी चोपकुञ्चिका ।।५३।।
तालपुष्पोद्भवंक्षारंनाड्याःकूष्माण्डकस्यच । अपामार्गस्यचिञ्चायाश्चूर्णानि चिक्कणानि च ।।५४।।
सर्वचूर्णसमं देयं चूर्णमत्र कणोद्भवम् । एतस्माद् द्विगुणाच्चूर्णात्पुराणो द्विगुणो गुडः ।।५५।।
मर्दयित्वा दृढे पात्रे मोदकानुपकल्पयेत् । भक्षयेदुष्णतोयेन प्लीहानं हन्ति दुस्तरम् ।।५६।।
यकृतं पञ्चगुल्मञ्चाप्युदरं सर्वरूपकम् । जीर्णज्वरं तथा शोथं कासं पञ्चविधं तथा ।
अश्विभ्यां निर्मिता श्रेष्ठा बालानां गुडपिप्पली ।।५७।।

53-57. Guḍa Pippalī (Major Recipe):

Ingredients: *Vāyaviḍanga*, dried ginger, *marica*, *pippalī*, *kuṣṭha*, purified *hingu*, all the five varieties of salt, *yavakṣāra*, *svarjikṣāra*, borax, *phenaka*, bark of *citraka*, *gajapippalī* (*śreyasī*), black cumin seeds, *nāḍī kṣāra*, *kṣāra* of *tālapuṣpa*, *kṣāra* of *kuṣmāṇḍa's* branch, *kṣāra* of *apāmārga*, *kṣāra* of tamarind, powder of *pippalī* and old raw sugar (*guḍa*).

Process of Drug-Making: Get powders measuring one part each of *vāyaviḍanga*, dried ginger, *marica*, *pippalī*, *kuṣṭha*, purified *hingu*, all the five varieties of salt, *yavakṣāra*, *svarjikṣāra*, borax, *phenaka*, bark of *citraka*, *gajapippalī* (*śreyasī*), black cumin seeds, *kṣāra* of *tālapuṣpa*, *nāḍī kṣāra*, *kṣāra* of *kuṣmāṇḍa's* branch, *kṣāra* of *apāmārga* and *kṣāra* of tamarind. Obtain powder of *pippalī* equivalent to the combined weight of all the materials (i.e. 23 parts). Also, take old raw sugar (*guḍa*) measuring twice the quantity of all the materials(i.e. 92

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parts). Subsequently, properly stir the preparation and prepare round shaped lumps measuring 6 gm. each. Put these lumps in an earthenware.

Method of use/Administration: These lumps are to be consumed in doses of one lump along with lukewarm water.

Therapeutic benefits: Such medication is very helpful in checking enlargement of spleen and liver, five types of *gulma*, all types of problems related to gastro intestinal tract, *jīrṇa jvara*, *śotha* and five types of *kāsa* (coughs). This medicine has been prepared by Aśvinī Kumāras for the benefit of children.

(*Rasendra Sār Sangraha*)

यकृच्चिकित्सा (च. द.)–

तिलान् सलवणांश्चैव घृतं षट्पलकं तथा । प्लीहोद्दिष्टां क्रियां सर्वां यकृतः संप्रयोजयेत् ।।५८।।

58. For the treatment of liver disorders, *tila* along with rock salt, *ṣaṭapalaka ghṛitam* and recipes prescribed for spleen related disorders should be administered.

(Cakradatt)

यकृत्प्लीह्नोः क्रिया–

प्लीहोद्दिष्टो क्रियां सर्वांयकृन्नाशाययोजयेत् । दध्ना भुक्तवतो वामबाहुमध्ये शिरां भिषक् ।।५९।।
विध्येत्प्लीहविनाशाय यकृन्नाशाय दक्षिणे । प्लीहानं मर्दयेद् गाढं दुष्टरक्तं प्रवर्त्तयेत् ।।६०।।

59-60. All the treatments prescribed for treating of spleen disorders are also beneficial and helpful in the treatment of liver disorders. For the treatment of enlargement of spleen, first the patient should be served food with curd. Subsequently, pierce the middle nerve of his left arm and press the arm to bleed out the contaminated blood. Similarly, in cases of liver disorders, pierce the middle nerve of the right hand and press the body part around liver.

(Vangasen)

पूतिकक्षारः (च. द.)–

क्षारं वा विडकृष्णाभ्यां पूतिकस्याम्लनिस्रुतम् । प्लीहयकृत्प्रशान्त्यर्थं पिबेत्प्रातर्यथाबलम् ।।६१।।

61. The *kṣāra* (alkali preparation) (1-4 gm.) of *viḍanga*, *kṛiṣṇa* and *pūtikā* should be mixed with water (50 ml.) and taken early in the morning depending upon the strength of the patient. It cures enlargement of spleen and liver.

(Cakradatt)

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लशुनादिप्रयोगः–

लशुनं पिप्पलीमूलमभयाञ्चैव भक्षयेत् । पिबेद् गोमूत्रगण्डूषं प्लीहरोगनिवृत्तये ।।६२।।

62. Intake of the powders of *lasuna*, *pippalīmūla* and *abhayā* individually or in combination along with cow's urine cures spleen related enlargement.

(*Gadanigraha*)

स्वेदादिप्रयोगः–

प्लीहानं यकृतं वृद्धं मूत्रस्वेदैरुपाचरेत् । प्लीहजिच्छरपुङ्खायाः कल्कस्तक्रेण सेवितः ।।६३।।

63. Performing *svedana* therapy with cow urine on the enlarged spleen and liver region as well as performing *svedana* on the same parts with a piece of cloth that has been dipped in warm cow urine would help in checking enlargement of spleen. Drinking ground root of *śarapunkha* with buttermilk is also beneficial in such cases.

रसराजः–

गन्धकेन मृतं ताम्रं शुद्धगन्धकतुल्यकम् । द्वयोः पादं शुद्धरसं मर्दयेच्छूरणद्रवैः ।।६४।।
पुटेल्लघुपुटे विद्वान् स्वाङ्गशीतं समुद्धरेत् । गुञ्जाद्वयं लिहेत् क्षौद्रैः प्लीहगुल्मविनाशनम् ।।६५।।
यकृच्छूलं ज्वरं हन्ति कान्तिपुष्टिविवर्द्धनः । रसराज इति ख्यातो रोगवारणकेशरी ।।६६।।

64-66. Rasa Rāja:

Ingredients: *Tāmra bhasma* (prepared with the combination of *gandhaka*), purified *gandhaka*, purified *pārada* and juice of *śūraṇkanda*.

Process of Drug-Making: Obtain one part each of *tāmra bhasma* (prepared with the combination of *gandhaka*) and purified *gandhaka*. In addition, take half part (quarter measure of the combination of the *gandhaka* and *tāmra bhasma*) of purified *pārada*. First, prepare *kajjalī* out of *pārada* and *gandhaka* and mix *tāmra bhasma* into it. Impregnate this mix with juice of *śūraṇkanda* and subsequently triturate the same. Prepare a cake out of the recipe and dry it. Put the cake inside a *śarāva saṁputa* and close its mouth tightly with a piece of cloth that has been treated with mud. Cook it accordingly by processing it through *laghu puṭa*. When the same gets cool down on its own, take out the compound and ground it into a fine powder. Store the powder in a glass bottle.

Method of use/Administration: This medicine is to be taken in doses of 250 mg. each along with honey.

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Therapeutic benefits: This *Rasa Rāja* is capable of checking enlargement of spleen, *gulma*, enlargement of spleen, *śūla* and fever. It also helps in promoting glow of body and health. This medicine is very effective in curing diseases as a lion easily kills an elephant.

प्लीहान्तको रसः–

हतशुल्वञ्च तारञ्च गगनायसमौक्तिकाः । दरदं पुष्करं सूतं गन्धकं नवमं तथा ।।६७।।
गुग्गुलुस्त्रिकटु रास्ना तथा जैपालबीजकम् । त्रिफला कटुका दन्ती देवदाली तु सैन्धवम् ।।६८।।
त्रिवृता तु यवक्षारं वातारितैलमर्द्दितम् । अष्टोदराणि पाण्डुत्वमानाहं विषमज्वरम् ।।६९।।
अजीर्णमामञ्च कफं क्षयञ्च सर्वशूलकम् । कासं श्वासञ्च शोथञ्च सर्वमाशु व्यपोहति ।।७०।।
प्लीहान्तको रसो नाम प्लीहोदरविनाशनः ।।७१।।

67-71. Plīhāntaka Rasa:

Ingredients: Powders of *tāmra bhasma*, *rajata bhasma*, *abhraka bhasma*, *lauha bhasma*, *muktā bhasma*, purified *hiñgula*, *puṣkaramūla* powder, purified *pārada*, purified *gandhaka*, purified *guggulu*, dried ginger, *marica*, *pippalī*, *rāsnā*, purified *jayapāla* seeds, *haraḍa*, *vibhītaka*, *āmalakī*, *kaṭukī*, root of *dantī*, *devadālī*, rock salt, *niśotha*, *yavakṣāra* and *eraṇḍa* oil.

Process of Drug-Making: Obtain powders measuring 10 gm. each of *tāmra bhasma*, *rajata bhasma*, *abhraka bhasma*, *lauha bhasma*, *muktā bhasma*, purified *hiñgula*, *puṣkaramūla* powder, purified *pārada*, purified *gandhaka*, purified *guggulu*, dried ginger, *marica*, *pippalī*, *rāsnā*, purified *jayapāla* seeds, *haraḍa*, *vibhītaka*, *āmalakī*, *kaṭukī*, root of *dantī*, *devadālī*, rock salt, *niśotha* and *yavakṣāra*.

First, prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials together. Thoroughly triturate the mix and impregnate the same with *eraṇḍa* oil (150 gm.). Triturate the mix and prepare pills in measurement of 250mg. Dry these pills and store them in glass jar.

Therapeutic benefits: This medicine is helpful in alleviating eight types of problems of gastrointestinal tract, *pāṇḍu*, *ānāha*, *viṣam jvara*, *amajīrna*, *kapha* disorders, *kṣaya*, all types of *śūla*, coughs (*kāsa*), *śvāsa* (asthma) and *śotha*. This medicine is famous for curing *plīhā* (spleen) problems therefore, it is known as *Plīhāntaka Rasa*.

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वासुकिभूषणो रसः–

सूतेन वङ्गन्तु समं नियोज्य तत्तुल्यशुल्बेन च गन्धकेन ।
विमर्दयेदर्करसेन यामं मृदा च संलिप्य पुटं ददीत ।।७२।।
वासारसैस्तं परिभावयेच्च रसो भवेद्वासुकिभूषणोऽयम् ।
प्लीहोऽथ गुल्मस्य च शान्तयेऽस्य वल्लं प्रदद्याद् वसुचूर्णयुक्तम् ।।७३।।

72-73. Vāsukibhūṣaṇa Rasa:

Ingredients: Purified *pārada*, *vanga bhasma*, *tāmra bhasma*, purified *gandhaka* and juice of *arka* leaves.

Process of Drug-Making: Take one part each of purified *pārada*, *vanga bhasma*, *tāmra bhasma* and purified *gandhaka*. First, prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials collectively. Triturate the mix along with juice of *arka* leaves for one *prahar* (three hours) and prepare a cake out of it. Put the cake inside a *śarāva saṁpuṭa* and close its mouth tightly with a piece of cloth that has been treated with mud. Cook it accordingly through the *puṭapāka* process. When the same gets cool down on its own take out the compound and further triturate it along with juice of *aḍuṣā* leaves. Prepare pills measuring 375 mg. each. Dry these pills and store them in a glass bottle.

Method of use/Administration: This *Vāsukibhūṣaṇa Rasa* is to be consumed daily in doses of 375 mg. along with rock salt (125 mg.).

Therapeutic benefits: This would help in providing relief from enlargement of spleen and *gulma* disorder.

विद्याधरो रसः–

गन्धकं तालकं ताप्यं मृतं ताम्रं मनःशिला । शुद्धसूतञ्च तुल्यांशं मर्दयेद्भावयेद्दिनम् ।।७४।।
पिप्पल्याश्च कषायेण वज्रीक्षीरेण भावयेत् । वल्लं च भक्षयेत् क्षौद्रैर्गुल्मप्लीहादिकं जयेत् ।।
रसो विद्याधरो नाम गोदुग्धञ्च पिबेदनु ।।७५।।

74-75. Vidyādhara Rasa:

Ingredients: Purified *gandhaka*, purified *haritāla*, *svarṇamākṣika bhasma*, *tāmra bhasma*, purified *manahśilā*, purified *pārada*, decoction of *pippalī* and latex of plant *snuhī* (*snuhī*).

Process of Drug-Making: Get one part each of purified *gandhaka*, purified *haritāla*, *svarṇamākṣika bhasma*, *tāmra bhasma*, purified *manahśilā* and purified *pārada*. First, prepare *kajjalī* out of *pārada* and *gandhaka* and mix into it the rest of materials collectively. Impregnate the mix separately with decoction of *pippalī*

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and latex of plant *snuhī* (*snuhī*) for one day each. Subsequently, triturate the mix and prepare pills in measurement of 375 mg. Dry these pills and store them in glass bottle.

Method of use/Administration: This *Vidyādhara Rasa* is to be taken in doses of one *vaṭī* during morning and evening hours along with honey. After consuming the medicine, one should drink cow milk as *anupāna*.

Therapeutic benefits: This medicine is helpful in checking *gulma* and enlargement of spleen.

(*Rasendra Cintāmaṇi*)

लोकनाथो रसः–

पारदं गन्धकञ्चैव समभागं विमर्दयेत् । मृताभ्रं रसतुल्यञ्च पुनस्तत्रैव मर्दयेत् ।।७६।।
रसद्विगुणलौहं च लौहतुल्यञ्च ताम्रकम् । वराटिकाया भस्माथ पारदत्रिगुणं कुरु ।।७७।।
नागवल्लीरसेनैव मर्दयेद्यत्नतो भिषक् । पुटेल्लघुपुटे विद्वान् स्वाङ्गशीतं समुद्धरेत् ।।७८।।
मधुना पिप्पलीचूर्णं सगुडां वा हरीतकीम् । अजाजीं वा गुडेनैव भक्षयेदनुपानतः ।।७९।।
यकृद्गुल्मोदरहरः प्लीहश्वयथुनाशनः । जीर्णज्वरं तथा पाण्डुं कामलाञ्च विनाशयेत् ।।८०।।
अग्निमान्द्यञ्च शमयेल्लोकनाथो रसोत्तमः ।।८१।।

76-81. Lokanātha Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *abhraka bhasma*, *lauha bhasma*, *tāmra bhasma*, *bhasma* of *varāṭikā* and juice of *nāgavallī* (betel leaves).

Process of Drug-Making: Obtain 1 part each of purified *pārada*, purified *gandhaka* and *abhraka bhasma*. Moreover, take 2 parts each of *lauha bhasma*, *tāmra bhasma* and 3 parts of *bhasma* of *varāṭikā*. First, prepare *kajjalī* out of *pārada* and *gandhaka* and mix into it the rest of materials collectively. Properly pulverize the mix and further triturate it along with juice of *nāgavallī* (betel leaves). Prepare a cake out of the mix and cook it through the process of *laghu puṭa*. When the same gets cool down on its own take out the compound and ground it into a fine powder. Store the powder in a glass bottle.

Method of use/Administration: This *Lokanātha Raśa* should be taken with proper *anupānas*. For example, it could be taken along with the *pippalī* powder and honey, or with the *haraḍa* powder and *guḍa* (raw sugar), or with the cumin powder and *guḍa* (raw sugar).

Dosage: 375 mg.

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Therapeutic benefits: This medicine is very much effective in curing enlargement of spleen and liver, *gulma*, problems related to gastro intestinal tract, *śotha*, *jīrṇa jvara*, *pāṇḍu*, jaundice and *agnimāndya*.

(*Rasendra Cintāmaṇi*)

लोकनाथो रसः स्वल्पः (द्वितीयः)–

रसगन्धौ समौ कृत्वा मर्दयेदर्द्धयामकम् । रसतुल्यं मृतञ्चाभ्रं द्विगुणं लौहताम्रकम् ।।८२।।
ताम्रस्य द्विगुणं भस्म कपर्दकसमुद्भवम् । नागवल्लीरसैर्यामं मर्दयेदतिनिर्जने ।।८३।।
ततो लघुपुटं दत्त्वा सुशीतं ग्राहयेत्तथा । द्विगुञ्जमार्द्रकद्रावैः खदिरत्वग्रसं पिबेत् ।।८४।।
यकृत्प्लीहोदरं शोथमग्निमान्द्यादिकं जयेत् । लोकनाथरसो नाम सर्वज्वरविनाशनः ।।८५।।

82-85. Lokanātha Rasa (Second Recipe):

Ingredients: Purified *pārada*, purified *gandhaka*, *abhraka bhasma*, *lauha bhasma*, *tāmra bhasma*, cowrie *bhasma* and juice of *nāgavallī*(betel leaves).

Process of Drug-Making: Take 1 part each of purified *pārada*, purified *gandhaka* and *abhraka bhasma* along with 2 parts each of *lauha bhasma* and *tāmra bhasma*. Moreover, take 4 parts of cowrie *bhasma* as well.

First, prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials collectively into it. Subsequently, triturate the mix thoroughly and further pulverize it with the juice of *nāgavallī*(betel leaves) for one *prahar* (three hours). Prepare a *cakrikā* (cake) out of the mix and dry it. Put the cake inside a *śarāva saṁpuṭa* and close its mouth tightly with a piece of cloth that has been treated with mud. Dry the mud and cook the preparation accordingly in the fire of *laghu puṭa*. Take out the cooked compound and ground it into a fine powder. Store the powder in a glass bottle.

Method of use/Administration: This medicine is to be taken in doses of 250 mg. each during morning and evening hours along with ginger juice. After consuming the medicine, one should drink decoction of *khadira's* bark (50 ml.) as *anupāna*.

Therapeutic benefits: This variety of the *Lokanātha Rasa* is capable of checking enlargement of liver, disorders of spleen, *śotha*, *agnimāndya* and all types of fevers.

लोकनाथो रसः (बृहत्)–

शुद्धसूतंद्विधागन्धंखल्लेकुर्याच्च कज्जलीम् । सूततुल्यं जारिताभ्रं मर्दयेत् कन्यकाऽम्बुना ।।८६।।

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ततो द्विगुणितं दद्यात्ताम्रं लौहं प्रयत्नतः । सूतान्नवगुणं देयं वराटीसम्भवं रजः ।।८७।।
काकमाचीरसेनैव सर्वं तद् गोलकीकृतम् । ततो लघुपुटे पच्यात् स्वाङ्गशीतं समुद्धरेत् ।।८८।।
शिवं सम्पूज्य यत्नेन द्विजातीन् परितोष्य च । भक्षयेदस्य चूर्णस्य द्विगुञ्जं मधुना सह ।।८९।।
प्लीहानमग्रमांसञ्च यकृतं सर्वरूपिणम् । जीर्णज्वरं तथा गुल्मं कामलां हन्ति दारुणाम् ।।९०।।

86-90. Lokanātha Rasa (Major Recipe):

Ingredients: Purified *pārada*, purified *gandhaka*, *abhraka bhasma*, juice of *ghṛitakumārī*, *tāmra bhasma*, *lauha bhasma*, *kapardika bhasma* and juice or decoction of *kākamācī*.

Process of Drug-Making: Obtain 1 part of purified *pārada* and 2 parts of purified *gandhaka*. Triturate both of them finely and prepare *kajjalī*. Add to it *abhraka bhasma* measuring 1 part into this *kajjalī*. Triturate the mix with juice of *ghṛitakumārī*. Add to it, 2 parts of *tāmra bhasma*, *lauha bhasma* and 9 parts of *kapardika bhasma*. Subsequently, impregnate the mix with juice or decoction of *kākamācī*. Prepare a cake out of the mix and dry it. Put the cake inside a *śarāva saṁpuṭa* and cook it accordingly to the process of *laghu puṭa*. When the *saṁpuṭa* cools down on its own, take out the cooked compound and ground it into a fine powder. Store the powder in a glass bottle.

Method of use/Administration: The medicine should be consumed only after worshipping God Śiva and making brahamanas contended by serving meals to them. The medicine is to be taken in doses of 250 mg. each along with honey.

Therapeutic benefits: This *BṛihallokaNātha Rasa* effectively provides relief from indispositions like enlargement of spleen, heart problems, all types of disorders related to liver, *jīrṇajvara*, *gulma* and severe jaundice.

(*Rasendra Sār Sangraha*)

प्लीहारिरसः–

पारदं गन्धकं टंगं विषं ब्योषं फलत्रयम् । तोलकस्य समोपेतं जैपालञ्च तदर्द्धकम् ।।९१।।
किंशुकस्य रसेनैव याममात्रन्तु मर्दयेत् । गुञ्जामात्रां वटीं कृत्वा छायायां शोषयेत्ततः ।।९२।।
वटिकैका प्रदात्वया श्रृन्नबेररसेन च । गुदाङ्कुरे गुल्मशूले प्लीहशोथकफात्मके ।।९३।।
उदावर्त्ते वातशूले श्वासकासज्वरेषु च । रसः प्लीहारिनामाऽयं कोष्ठामयविनाशनः ।
आमवातगदच्छेदी श्लेष्मामयविनाशनः ।।९४।।

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91-94. Plīhāri Rasa:

Ingredients: Powders of purified *pārada*, purified *gandhaka*, purified *tañkaṇa*, purified *vatsanābha*, dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, powder of purified *jayapāla* and decoction of *palāśa* plant's bark.

Process of Drug-Making: Get powders measuring one part each of purified *pārada*, purified *gandhaka*, purified *tañkaṇa*, purified *vatsanābha*, dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka* and *āmalakī*. In addition, take powder of purified *jayapāla* equivalent to the combined weight of all the materials (i.e. 5 parts).

First, prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials collectively into it. Impregnate the mix with decoction of *palāśa* plant's bark for one *prahara* (three hours). Prepare pills measuring 125 mg. each and dry them under shade. Store these pills in glass bottle.

Method of use/Administration: This medicine is to be taken in doses of one pill each during morning and evening hours along with ginger juice as *anupāna*.

Therapeutic benefits: This *PlīhāriRasa* is helpful in providing relief from *arśa*, *gulma*, *śūla*, enlargement of spleen, *śotha*, *kapha* disorders, *udāvarta*, *vāta śūla*, *śvāsa*, *kāsa* (coughs), fever, all problems of *koṣṭha*, *āmavāta* and *śleṣma* disorders.

प्लीहारिरसो द्वितीयः (र. सा. सं.)–

कर्षैकं तालचूर्णस्य तत्पादांशं सुवर्णकम् । पलार्द्धं मृतताम्रञ्च तत्समं शुद्धमभ्रकम् ।।९५।।
मृगाजिनस्य भस्मापि कर्षमत्र प्रदापयेत् । लिम्पाकाङ्घ्रित्वचस्तद्वत्सर्वमेकत्र कारयेत् ।।९६।।
गुञ्जाद्वयप्रमाणेन वटिकां कारयेत्ततः । मधुना वह्निचूर्णेन खादेन्नित्यं यथाबलम् ।।९७।।
असाध्यमपि प्लीहानं हन्त्यवश्यं न संशयः । यकृतं पाण्डुरोगञ्च गुल्मादिकभगन्दरम् ।।९८।।

95-98. Plīhāri Rasa (Second Recipe):

Ingredients: Purified *haritāla*, *svarṇa bhasma*, *tāmra bhasma*, *abhraka bhasma*, *mṛigacarma bhasma*, powder of lemon's root bark and water.

Process of Drug-Making: Obtain the following: purified *haritāla* (1 part), *svarṇa bhasma* (one fourth part), *tāmra bhasma* and *abhraka bhasma* measuring 2 parts each and 1 part each of *mṛigacarma bhasma* and powder of lemon's root bark. Combine all these materials together and pulverize the mix. Triturate this compound with water and prepare pills in measurement of 250 mg. each. Dry these pills and store them in glass bottle.

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Method of use/Administration: This medicine is to be taken with 500 mg. powder of *citraka's* bark and 6 gm. of honey.

Therapeutic benefits: This medicine undoubtedly cures difficult cases of spleen enlargement, *pāṇḍu roga*, *gulma* and *bhagandara*.

(*Rasendra Sār Sangraha*)

प्लीहशार्दूलो रसः–

सूतकं गन्धकं व्योषं समभागं पृथक्-पृथक् । एभिः समं ताम्रभस्म योजयेद्वैद्यसत्तमः ।।९९।।
मनःशिला वराटञ्च तुत्थं रामठलौहकम् । जयन्ती रोहितञ्चैव क्षारटङ्गणसैन्धवम् ।।१००।।
विडं चित्रं कानकञ्चरसतुल्यंपृथक्-पृथक् । भावयेत्त्रिदिनं यावत् त्रिवृच्चित्रकणार्द्रकैः ।।१०१।।
गुञ्जामात्रांवटींखादेत्सद्यःप्लीहविनाशिनीम् । मधुपिप्पलिसंयुक्तां द्विगुञ्जां वा प्रयोजयेत् ।।१०२।।
प्लीहानमग्रमांसञ्च यकृद्गुल्मं सुदुस्तरम् । आमाशयेषु सर्वेषु चोदरे शोथविद्रधौ ।।१०३।।
अग्निमान्द्ये ज्वरे चैव प्लीह्नि सर्वज्वरेषु च । श्रीमद्गहननाथेन भाषितः प्लीहशार्दूलः ।।१०४।।

99-104. Plīhāśārdūla Rasa:

Ingredients: Powders of purified *pārada*, purified *gandhaka*, dried ginger, *marica*, *pippalī*, powders of *tāmra bhasma*, purified *manahśilā*, *varāṭa bhasma*, purified *tutthaka*, purified *hingu*, *lauha bhasma*, root of *jayantī*, bark of *rohītaka*, *yavakṣāra*, purified borax, rock salt, *viḍa lavaṇa*, bark of *citraka*, purified seeds of *jayapāla*, juices or decoctions of *niśotha*, *citraka's* bark, *pippalī* and ginger.

Process of Drug-Making: Obtain powders measuring 1 part each of purified *pārada*, purified *gandhaka*, dried ginger, *marica* and *pippalī*. Besides these, take powders of *tāmra bhasma* measuring the combined weight of these materials (i.e. 5 parts). Also take, 1 part each of purified *manahśilā*, *varāṭa bhasma*, purified *tutthaka*, purified *hingu*, *lauha bhasma*, root of *jayantī*, bark of *rohītaka*, *yavakṣāra*, purified borax, rock salt, *viḍa lavaṇa*, bark of *citraka* and purified seeds of *jayapāla* (all in powdered form).

First, prepare *kajjalī* out of *pārada* and *gandhaka* and mix powders of the rest into it. Subsequently, impregnate the mix separately with juices or decoctions of *niśotha*, *citraka's* bark, *pippalī* and ginger for three days each. Following this, triturate the mix and prepare pills measuring 125-250 mg. each. Dry these pills and store them in a glass jar.

Method of use/Administration: This medicine is to be taken in doses of one pill and two pills daily with honey and *pippalī* powder respectively.

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Therapeutic benefits: This medicine is capable of checking heart problems (hridyagramans*vṛidhi*), enlargement of liver and *gulma* along with all types of *āmaśaya* disorders, problems related to gastro intestinal tract, *śotha*, *vidradhi*, *agnimāndya*, enlargement of spleen and all types of fever. This *Plīhāśārdūla Rasa* has been propounded by Śṛī Gahan Nāth.

प्लीहार्णवो रसः (र. सा. सं.)–

हिङ्गुलं गन्धकं टङ्कमभ्रकं विषमेव च । प्रत्येकं पलिकं भागं चूर्णयेदतिचिक्कणम् ।।१०५।।
पिप्पलीमरिचंचैव प्रत्येकं च पलार्द्धकम् । मर्द्दयित्वा वटीं कुर्याद् वल्लमात्रां प्रयत्नतः ।।१०६।।
सेव्या शेफालिदलजैर्वटी माक्षिकसंयुता । प्लीहानं षट्प्रकारञ्च हन्ति शीघ्रं न संशयः ।।१०७।।
ज्वरं मन्दानलं चैवकासंश्वासं वमिं भ्रमिम् । प्लीहर्णव इति ख्यातो गहनानन्दभाषितः ।।१०८।।

105-108. Plīhārṇava Rasa:

Ingredients: Powders of purified *hiñgula*, purified *gandhaka*, purified *tañkaṇa*, *abhraka bhasma*, purified *vatsanābha*, powders of *pippalī* and pepper.

Process of Drug-Making: Obtain powders measuring 50 gm. each of purified *hiñgula*, purified *gandhaka*, purified *tañkaṇa*, *abhraka bhasma* and purified *vatsanābha*. Moreover, take powders measuring 25 gm. each of *pippalī* and pepper.

First, prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the powdered materials into it. Triturate the mix with water and prepare pills in measurement of 375 mg. each. Dry these pills and store them in glass jar.

Method of use/Administration: This medicine is to be taken along with 24 gm. measure juice of *śephālika* leaves and honey measuring 6 gm..

Therapeutic benefits: This medicine is helpful in curing six types of spleen enlargement, fever, *mandāgni*, *kāsa* (coughs), *śvāsa*, *vamana* (vomiting) and *bhrama*. This medicine has been prepared by Gahanānand and is popular by the name of *Plīhārnava Rasa*.

(*Rasendra Sār Sangraha*)

प्लीहारिवटिका–

सहासाराभ्रकासीसलशुनानि समानि च । द्रोणपुष्पीरसेनैव मर्दयेत्प्रहरत्रयम् ।।१०९।।
वल्लद्वयं प्रदातव्यं प्रदोषे सलिलं ह्यनु । प्लीहानं यकृतं गुल्ममग्निमान्द्यं सशोथकम् ।।११०।।
कासं श्वासं तृषांकम्पंदाहंशीतं वमिं भ्रमिम् । प्लीहारिवटिका ह्येषां नाशयेन्नात्र संशयः ।।१११।।

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109-111. Plīhāri Vaṭikā:

Ingredients: *Sahāsara*, *abhraka bhasma*, purified *hīrakaśīśa*, garlic and juice of *droṇapuṣpī*.

Process of Drug-Making: Take equal parts of *sahāsara*, *abhraka bhasma*, purified *hīrakāśīśa* and garlic. Ground these materials into powder. Subsequently, triturate this powder with juice of *droṇapuṣpī* for three *praharas* (i. e. nine hours). Triturate the mix and prepare pills measuring 750 mg. each. Dry these pills and store them in a glass jar.

Method of use/Administration: This medicine is to be taken in doses of one pill each during morning and evening hours along with water.

Therapeutic benefits: This *PlīhāriVātika* helps one from getting relief from enlargement of spleen and liver, *gulma*, *agnimāndya*, *śotha*, *kāsa* (coughs), *śvāsa*, *tṛiṣādhi*, *bandha*, tremoring of any part of the body, external and internal burning sensation, *śitādhikya*, vomitting and *bhrama*.

लौहमृत्युञ्जयो रसः–

रसगन्धकलौहाभ्रं कुनटी मृतताम्रकम् । विषमुष्टिं वराटञ्च तुत्थं शङ्खं रसाञ्जनम् ।।११२।।
जातीफलञ्च कटुकी द्विक्षारं कानकं तथा । व्योषञ्च सैन्धवं हिङ्गु प्रत्येकं सूततुल्यकम् ।।११३।।
श्लक्ष्णचूर्णीकृतं सर्वमेकत्र भावयेत्ततः । सूर्यावर्त्तरसेनैव बिल्वपत्ररसेन च ।।११४।।
सूर्यावर्त्तेन मतिमान् वटिकां कारयेत्ततः । प्लीहानं यकृतं गुल्ममष्ठीलाञ्च विनाशयेत् ।।११५।।
अग्रमांसं तथा शोथं तथा सर्वोदराणि च । वातरक्तं च जठरं चान्तर्विद्रधिमेव च ।।११६।।

112-116. Lauhamṛityuñjaya Rasa:

Ingredients: Powders of purified *pārada*, purified *gandhaka*, *lauha bhasma*, *abhraka bhasma*, purified *manahśilā*, *tāmra bhasma*, purified *viṣamuṣṭi*, *bhasma* of *varāṭa*, purified *nīla tuttha*, *śankha bhasma*, *rasāñjana*, *jātīphala*, *kaṭukī*, *yavakṣāra*, *svarjikṣāra*, purified seeds of *dhatūra*, seeds of *jayapāla*, dried ginger, *marica*, *pippalī*, purified *hingu*, rock salt, juice of *sūryāvarta* and juice of *bilva* leaves.

Process of Drug-Making: Obtain powders measuring one part each of purified *pārada*, purified *gandhaka*, *lauha bhasma*, *abhraka bhasma*, purified *manahśilā*, *tāmra bhasma*, purified *viṣamuṣṭi*, *bhasma* of *varāṭa*, purified *nīla tuttha*, *śankha bhasma*, *rasāñjana*, *jātīphala*, *kaṭukī*, *yavakṣāra*, *svarjikṣāra*, purified seeds of *dhatūra*, seeds of *jayapāla*, dried ginger, *marica*, *pippalī*, purified *hingu* and rock salt.

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First, prepare *kajjalī* out *pārada* and *gandhaka* and mix rest of the materials into it (in powdered form). Impregnate the mix separately each with juice of *sūryāvarta* and juice of *bilva* leaves. Following this, triturate the mix and prepare pills in measurement of 250 mg. each. Dry these pills and store them in glass bottle.

Therapeutic benefits: This *Lauhamṛityuñjaya Rasa* is capable of curing enlargement of spleen and liver, *gulma*, *aṣṭhilā*, heart problem (enlargement), *śotha*, all types of problems of gastrointestinal tract, *vātarakta*, *jaṭhara* and *antra vidradhi*.

(*Rasendra Cintāmaṇī*)

रोहीतकलौहम्–

रोहीतकसमायुक्तं त्रिकत्रययुतन्त्वयः । प्लीहानमग्रमांसञ्च शोथं हन्ति न संशयः ।।११७।।

117. Rohītaka Lauham:

Ingredients: Powders of *rohītaka* (bark), *haraḍa*, *vibhītaka*, *āmalakī*, dried ginger, *marica*, *pippalī*, *vāyaviḍanga*, *mustā*, *citraka* and *lauha bhasma*.

Process of Drug-Making: Get powders measuring one part each of *rohītaka* (bark), *haraḍa*, *vibhītaka*, *āmalakī*, dried ginger, *marica*, *pippalī*, *vāyaviḍanga*, *mustā* and *citraka*. Ground the materials if required and add *lauha bhasma* (equivalent to their combined weight i.e. 10 parts) into their mix. Triturate the mix properly and store it in a glass jar.

Dosage: 375 gm. along with warm water.

Therapeutic benefits: This *Rohītaka Lauha* is helpful in alleviating enlargement of spleen, heart problem (enlargement) and *śotha*.

(*Rasendra Cintāmaṇī*)

चित्रकादिलौहम्–

चित्रकं नागरं वासा गुडूची शालपर्णिका । तालपुष्पमपामार्गो मानकं कार्षिकत्रयम् ।।११८।।
लौहमभ्रं कणा ताम्रं क्षारकोलवणानिच । पृथक् कर्षांशमेतेषां चूर्णमेकत्र चिक्कणम् ।।११९।।
चतुप्रस्थे गवां मूत्रे पचेन्मन्देन वह्निना । सिद्धशीतं समुद्धृत्य माक्षिकं द्विपलं क्षिपेत् ।।१२०।।
चित्रकादिरयं लौहो गुल्मप्लीहोदरामयान् । यकृतं ग्रहणीं हन्ति शोथं मन्दानलं ज्वरम् ।।१२१।।
कामलां पाण्डुरोगञ्च गुदभ्रंशं प्रवाहिकाम् ।।१२२।।

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118-122. Citrakādi Lauham:

Ingredients: *Citraka* (bark), dried ginger, *aḍuṣā*, *guḍūcī*, *śālaparṇī*, *kṣāra* of palm flowers, *apāmārga*, *mānaknanda*, *lauha bhasma*, *abhraka bhasma*, *pippalī*, *tāmra bhasma*, *yavakṣāra*, five salts, cow urine and honey.

Process of Drug-Making: Obtain 35 gm. each of *citraka* (bark), dried ginger, *aḍuṣā*, *guḍūcī*, *śālaparṇī*, *kṣāra* of palm flowers, *apāmārga* and *mānaknanda*. Also, separately take *lauha bhasma*, *abhraka bhasma*, *pippalī*, *tāmra bhasma*, *yavakṣāra* and five salts measuring 12 gm. each. Ground all the materials collectively into a fine powder. Cook this powder in cow urine measuring 3 litre. Methodologically cook this preparation on a slow heat and add to it 93 gm. of honey, when the cooked preparation is cooled down. Collect this preparation in an earthen jar.

Method of use/Administration: This *Citrakādi Lauha* is to be taken in doses of 1 gm.

Therapeutic benefits: It cures *gulma*, spleen enlargement, problems of gastrointestinal tract, liver problems, *grahaṇī* disorders, *śotha*, *mandāgni*, fever, jaundice, *pāṇḍu*, *guḍabhranśa* and *pravāhikā*.

यकृत्प्लीहारिलौहम्–

हिङ्गुलसम्भवं सूतं गन्धकं लौहमभ्रकम् । तुल्यं द्विगुणताम्रन्तु शिलां च रजनीं तथा ।।१२३।।
जयपालं टङ्कणञ्च शिलाजतु समं रसात् । एतत्सर्वं समाहृत्य चूर्णीकृत्य विमिश्रयेत् ।।१२४।।
दन्तीत्रिवृच्चित्रकञ्च निर्गुण्डी त्र्यूषणं तथा । आर्द्रकं भृङ्गराजश्च रसैरेषां पृथक् पृथक् ।।१२५।।
भावयित्वावटींकुर्याद्वदरास्थिमितां भिषक् । प्लीहानं यकृतञ्चैव चिरकालानुबन्धिनम् ।।१२६।।
एकजं द्वन्द्वजञ्चैव सर्वदोषभवं तथा । हन्यादष्टोदरानाहज्वरं पाण्डुञ्च कामलाम् ।।१२७।।
शोथं हलीमकं हन्ति मन्दाग्नित्वमरोचकम् । यकृत्प्लीहारिनामेदं लौहं जगति दुर्लभम् ।।१२८।।

123-128. YakṛitplīhāriLauham:

Ingredients: *Pārada* (obtained from *hiñgula*), purified *gandhaka*, *lauha bhasma*, *abhraka bhasma*, *tāmra bhasma*, purified *manahśilā*, turmeric powder, purified *jayapāla*, purified *tañkaṇa*,. purified *śilājatu*, root of *dantī*, *niśotha*, *pippalī*, ginger and *bhṛingarāja*.

Process of Drug-Making: Get 1 part each of *pārada* (obtained from *hiñgula*), purified *gandhaka*, *lauha bhasma* and *abhraka bhasma*. Also take *tāmra bhasma* measuring 2 parts and 1 part each of purified *maṇahśilā*, turmeric powder, purified *jayapāla*, purified *tañkaṇa* and purified *śilājatu*.

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First, prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials collectively. Properly triturate the mix. Take root of *dantī*, *niśotha*, *pippalī*, ginger and *bhṛingarāja*. Each of these materials should be equivalent to the quantity of the triturate ed mix. Prepare separate decoctions of these materials and impregnate the above mix separately and one time each with these decoctions. Triturate the mix simultaneously. After impregnation, triturate the mix again and prepare pills measuring 375 mg. each. Dry these pills and store them in glass bottle.

Therapeutic benefits: This medicine helps in checking enlargement of spleen and liver, disorders generated due to *doṣas* and their combinations, eight types of problems related to gastro intestinal tract, *ānāha*, fever, *pāṇḍu*, jaundice, *śotha*, *halīmaka*, *mandāgni* and *maruci*. This *YakṛitplīhāriLauha* is considered to be one of the rarest medicine which is capable of curing all types of diseases.

यकृदरिलौहम्–

द्विकर्ष लौहचूर्णस्य गगनस्य पलार्द्धकम् । कर्ष शुद्धं मृतं ताम्रं लिम्पाकाङ्घ्रत्वचः पलम् ।।१२९।।

मृगाजिनभस्मपलं सर्वमेकत्र कारयेत् । नवगुञ्जाप्रमाणेन वटिकां कारयेद्भिषक् ।।१३०।।

यकृत्प्लीहोदरञ्चैव कामलाञ्च हलीमकम् । कासं श्वासं ज्वरं हन्ति बलवर्णाग्निवर्द्धनम् ।।

यकृदरिनाम लौहं सर्वव्याधिनिषूदनम् ।।१३१।।

129-131. Yakṛidari Lauham:

Ingredients: *Lauha bhasma*, *abhraka bhasma*, *tāmra bhasma*, lemon's root (bark powder) and *bhasma* of *mṛigacarma*.

Process of Drug-Making: Obtain the following: 25 gm. each of *lauha bhasma* and *abhraka bhasma*, 12 gm. of *tāmra bhasma*, 50 gm. each of lemon's root (bark powder) and *bhasma* of *mṛigacarma*. Pulverize all these material together and triturate the mix with water. Prepare pills measuring 1125 mg. each and dry them under shade to store them in glass jar.

Method of use/Administration: This medicine is to be taken in doses of one pill each during morning and evening hours.

Therapeutic benefits: This *Yakṛidari Lauham*' is helpful in checking enlargement of spleen and liver, problems related to gastro intestinal tract, jaundice, *halīmaka*, *kāsa* (coughs), *śvāsa* and fever. It also helps in promoting strength, complexion and digestive power of body. It is capable of curing all types of diseases, if taken with proper *anupānas*.

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यकृदरिलौहम् बृहत्–

पारदं गन्धकञ्चाभ्रं त्र्यूषणं कटुकीं तथा । त्रायमाणां विषां पाठां पिचुमर्द्दहरीतकीम् ।।१३२।।
चित्रकं पर्पटं मुस्तं समभागं प्रकल्पयेत् । सर्वार्द्धं जारितं लौहं गुडूचीस्वरसैर्दिनम् ।।१३३।।
निष्पिष्य वटिका कार्या त्रिगुञ्जाफलमानतः । प्लीहोदरयकृद्गुल्मान् सर्वोपद्रवसंयुतान् ।।१३४।।
एकाहिकंद्व्याहिकंवात्र्याहिकंचातुराहिकम् । सर्वाञ् ज्वरान्निहन्त्याशु भक्षणादार्द्रकद्रवैः ।।१३५।।

132-135. Yakṛidari Lauham (Major Recipe):

Ingredients: Powders of purified *pārada*, purified *gandhaka*, *abhraka bhasma*, dried ginger, *marica*, *pippalī*, *kaṭukī*, *trāyamāṇā*, *ativiṣa*, *pāṭhā*, bark of *neem*, *haraḍa*, bark of *citraka*, *parpaṭa*, *mustā*, *lauha bhasma*, juice or decoction of *guḍūcī*.

Process of Drug-Making: Get powders measuring one part each of purified *pārada*, purified *gandhaka*, *abhraka bhasma*, dried ginger, *marica*, *pippalī*, *kaṭukā*, *trāyamāṇā*, *ativiṣa*, *pāṭhā*, bark of *neem*, *haraḍa*, bark of *citraka*, *parpaṭa* and *mustā*. Besides these, obtain *lauha bhasma* equivalent to half of the combined weight of all the materials (= 7.5 parts).

First, prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials collectively. Impregnate the mix with juice or decoction of *guḍūcī* for one whole day. Prepare pills in measurement of 375 gm. each. Dry and store them in glass bottle.

Method of use/Administration: This medicine is to be taken in doses of one pill each during morning and evening hours along with ginger juice.

Therapeutic benefits: This medicine is capable providing one relief from enlargement of spleen (accompanied with other disorders), problems related to gastro intestinal tract, enlargement of liver, *gulma* and all kinds of fevers including *ekāhikā*, *dvyāhika*, *trayāhika* and *caturahika* types.

महामृत्युञ्जयलौहम्–

शुद्धसूतं समं गन्धं जारिताभ्रं समं तथा । गन्धस्य द्विगुणं लौहं मृतताम्रं चतुर्गुणम् ।।१३६।।
द्विक्षारं सैन्धवविडं वराटीशङ्खभस्मकम् । चित्रकं कुनटी तालं रामठं कटुका तथा ।।१३७।।
रोहितं त्रिवृता चिञ्चाविशालाधावलाङ्कठः । अपामार्गं तालरण्डमम्लिका च निशाद्वयम् ।।१३८।।
प्रियङ्ग्विन्द्रयवं पथ्या चाजमोदा यमानिका । तुत्थकं शरपुङ्खा च यकृन्मर्दो रसाञ्जनम् ।।१३९।।
प्रत्येकं शाणमानेन भावयेदार्द्रकद्रवैः । गुडूच्याः स्वरसेनापि मधुनः कुडवार्द्धकम् ।।१४०।।
वटिकां कारयेद्वैद्यो षड्गुञ्जाप्रमितां पुनः । अनुपानं प्रदातव्यं बुद्ध्वा दोषानुसारतः ।।१४१।।

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भक्षयेत्प्रातरुत्थाय सर्वरोगकुलान्तकम् । प्लीहानं ज्वरमुग्रञ्च कासञ्च विषमज्वरम् ।।१४२।।
आमवातं यकृच्छूलं श्वासमर्शः शिरोरुजम् । गुल्मशोथोदरानाहमग्रमांसं यकृत्क्षयम् ।।१४३।।
सकामलं पाण्डुरोगमुदरञ्च निहन्त्यदः । रोगानीकविनाशाय केशरी करिणे यथा ।।१४४।।
महामृत्युञ्जयो लौहः प्लीहगुल्मविनाशनः । प्राणिनान्तु हितार्थाय शम्भुना परिकीर्त्तितः ।।१४५।।

136-145. Mahāmṛityuñjaya Lauham:

Ingredients: Purified *pārada*, purified *gandhaka*, *abhraka bhasma*, *lauha bhasma*, *tāmra bhasma*, *svarjikṣāra*, *yavakṣāra*, rock salt, *viḍa lavaṇa*, *kapardika bhasma*, *śankha bhasma*, bark powder of *citraka's* root, purified *manahśilā*, purified *haritāla*, purified *hingu*, *kaṭukī*, bark of *rohītaka*, *niśotha*, *kṣāra* of tamarind fruit's peel, root of *indrayava*, *dhāvalānkhaṭha*, *kṣāra* of *apāmārga*, *tāla jaṭā*, *tadapuśa kṣāra*, *āmlaveta*, *haridrā*, *dāru haridrā*, *priyangu*, *indrayava*, *harītakī*, *ajamodā*, caraway seeds, purified *tuttha*, *śarapunkha*, bark of *rohītaka*, *rasāñjana*, ginger juice, juice or decoction of *guḍūcī* and honey.

Process of Drug-Making: Obtain the following: 12 gm. each of purified *pārada*, purified *gandhaka* and *abhraka bhasma* along with 23 gm. of *lauha bhasma*, 48 gm. of *tāmra bhasma* and 3 gm. each of *svarjikṣāra*, *yavakṣāra*, rock salt, *viḍa lavaṇa*, *kapardika bhasma*, *śankha bhasma*, bark powder of *citraka's* root, purified *manahśilā*, purified *haritāla*, purified *hingu*, *kaṭukī*, bark of *rohītaka*, *niśotha*, *kṣāra* of tamarind fruit's peel, root of *indrayava*, *dhāvalānkhaṭha*, *kṣāra* of *apāmārga*, *tāla jaṭā* and *tadapuśa kṣāra*, *āmlaveta*, *haridrā*, *dāru haridrā*, *priyangu*, *indrayava*, *harītakī*, *ajamodā*, caraway seeds, purified *tuttha*, *śarapunkha*, bark of *rohītaka* and *rasāñjana*. Powder all these materials.

First, prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials collectively. Impregnate the mix with ginger juice and subsequently triturate the mix for one day. Following this, impregnate mix again with juice or decoction of *guḍūcī* for one day and triturate it later. Afterward, add honey measuring 93 gm. to the mix and triturate it. Prepare pills in measurement of 1 gm. each. Dry these pills and store them in glass bottle.

Method of use/Administration: This '*Mahāmṛityuñjaya Lauha* is capable of checking all kinds diseases. It should be taken in doses of one pill each during morning and evening hours along with proper *anupānas*.

Therapeutic benefits: This medicine helps one in the treatment of spleen enlargement, *ugrajvara* (high fever), *kāsa* (*cough*), *viṣam jvara*, problems related to gastro intestinal tract, *ānāha*, *agramānsavṛiddhi*, thinness of liver, jaundice,

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pāṇḍu, problems of gastrointestinal tract and the like. This medicine is like a lion, which kills the herds of indispositions (that are like the elephants). This medicine has been prepared by God Śiva for the benefit of mankind and proves much effective in the treatment of spleen enlargement and *gulma*.

(*Rasendra Cintāmaṇī*)

सर्वेश्वरलौहम्–

शुद्धसूतं पलं गन्धं द्विपलन्तु मृताभ्रकम् । त्रिपलं मृतताम्रञ्च पलार्द्धं स्वर्णमाक्षिकम् ।।१४६।।
जैपालं चित्रकं मानं शूरणं घण्टकर्णकम् । ग्रन्थिकं त्रिफला व्योषं त्रिवृता खरमञ्जरी ।।१४७।।
दण्डोत्पला वृश्चिकाली कुलीशं नागदन्तिका । सूर्यावर्त्तञ्च सञ्चूर्ण्य कर्षमात्रं विमर्दयेत् ।।१४८।।
आर्द्रकस्य रसेनैव चूर्णयित्वा पुनः क्षिपेत् । त्रिपलं लौहचूर्णस्य ततः खादेच्छुभेऽहनि ।।१४९।।
सम्पूज्य भास्करं विष्णुंगणनाथंद्विजोत्तमम् । माषमात्रञ्च मधुना कृत्वा शीतजलं पिबेत् ।।१५०।।
चूर्णं सर्वेश्वरं नाम सर्वरोगहरं भवेत् । कठोरप्लीहनाशाय गुल्मोदरहरं तथा ।।१५१।।
कामलां पाण्डुमानाहंयकृत्क्रिमिकृतामयान् । विचर्च्चिमम्लपित्तञ्च ह्यग्निमान्द्यं सुदुस्तरम् ।।१५२।।
श्रीकरं कान्तिजननं शुक्रायुर्बलवर्द्धनम् ।।१५३।।

146-153. Sarveśvara Lauham:

Ingredients: Purified *pārada*, purified *gandhaka*, *abhraka bhasma*, *tāmra bhasma*, *svarṇamākṣika bhasma*, purified seeds of *jayapāla*, bark of *citraka*, *mānakanda*, *śūraṇkanda*, *ghaṇṭakarṇa*, *pippalīmūla*, *haraḍa*, *vibhītaka*, *āmalakī*, dried ginger, *marica*, *pippalī*, *niśotha*, *kharamañjarī*, *daṇḍotpala*, *vṛiścikālī*, root of *kuliśa* (*aṣṭhisanhāri*), *nāgadantikā*, *sūryāvarta*, ginger juice and *lauha bhasma*.

Process of Drug-Making: Obtain the ingredients in the following measures: purified *pārada* (50 gm.), purified *gandhaka* (100 gm.), *abhraka bhasma* (100 gm.), *tāmra bhasma* (150 gm.), *svarṇamākṣika bhasma* (25 gm.) and 12 gm. each of purified seeds of *jayapāla*, bark of *citraka*, *mānakanda*, *śūraṇkanda*, *ghaṇṭakarṇa*, *pippalīmūla*, *haraḍa*, *vibhītaka*, *āmalakī*, dried ginger, *marica*, *pippalī*, *niśotha*, *kharamañjarī*, *daṇḍotpala*, *vṛiścikālī*, root of *kuliśa* (*aṣṭhisanhāri*), *nāgadantikā* and *sūryāvarta*. Powder all these materials.

First, prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials collectively into it. Impregnate the mix with ginger and juice and subsequently triturate the mix. Add 150 gm. of *lauha bhasma* into it and properly pulverize the mix until it dries. Store the powder in a glass jar.

Method of use/Administration: On an auspicious constellation day, after worshipping Sūrya, Viṣnu, Gaṇapati and brahamans only, this medicine should be

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consumed in doses of 1 gm. along with honey, followed by water as *anupāna*. With proper *anupānas*, this medicine is capable of checking all kinds of diseases.

Therapeutic benefits: This *Sarveśara Lauha* especially helps in checking difficult cases of the spleenomegaly, *gulma*, problems related to gastro intestinal tract, jaundice, *pāṇḍu*, *ānāha*, enlargement of liver, worm diseases, *vicarcikā*, *āmlapitta*, *kaṇḍu*, *kuṣṭha*, enlargement of spleen, *raktapitta* and *agnimāndya*. It also helps in promoting glow and beauty of body as well as it increases longevity and semen growth.

यकृत्प्लीहोदरहरलौहम्–

लौहार्द्धमभ्रकं शुद्धं सूतमप्यर्द्धभागिकम् । त्रिगुणामयसश्चूर्णात् त्रिफलां साभ्रकात्तथा ।।१५४।।
द्विरष्टवारिणो भागमष्टशिष्टन्तु कारयेत् । तेन चाष्टावशिष्टेन समेनाज्येन यत्नतः ।।१५५।।
रसेन बहुपुत्राया द्विगुणक्षीरसंयुतम् । लौहमय्या पचेद्दर्व्या पात्रे चायसि मृन्मये ।।१५६।।
अभ्रकं निहतं शुद्धं पारदं च सुमूर्च्छितम् । अयसोऽर्द्धमितं चूर्णमादौ पाके विनिक्षिपेत् ।।१५७।।
कन्दं कापालिकं चव्यं विडङ्गं सबृहद्दलम् । शरपुङ्खां च पाठां च चित्रकं समहौषधम् ।।१५८।।
लवणानि च सर्वाणि सक्षारंवृद्धदारकम् । दीप्यकं च तथा सीधुं लौहाभ्रकसमं क्षिपेत् ।।१५९।।
प्लीहोदरयकृद्गुल्मान्हन्तिशस्त्राग्निभिर्विना । प्रयोज्योऽयंमहावीर्योलौहोलौहविदां वरैः ।।१६०।।
प्लीहोदरविनाशाय दद्याद् द्वे द्वे पुटे पृथक् । मानेन घण्टकर्णेन सूरणेनाधिकं पुनः ।।१६१।।

154-161. Yakṛitplīhodarāhara Lauham:

Ingredients: *Lauha bhasma*, *abhraka bhasma*, *rasa sindūra*, *triphalā*, water, cow *ghṛitam*, *śatāvarī* (juice or its decoction), cow milk, powdered *mānakanda*, *kāpālikacavya*, *vāyaviḍanga*, *bṛihaddalam* (i.e. *lodhra*), *śarapunkha*, *pāṭhā*, bark of *citraka*, dried ginger, all the five types of salts (separately), *yavakṣāra*, seeds and root of *vṛiddhadāraka*, caraway seeds, root of *snuhī*, decoctions or juices of *mānakanda*, *ghaṇṭakarṇa* and *śūraṇkanda*.

Process of Drug-Making: Get the following: *lauha bhasma* measuring 100 gm., 50 gm. each of *abhraka bhasma* and *rasa sindūra*. In addition, take *triphalā* herbs measuring thrice the combined weight of *abhraka bhasma* and *rasa sindūra* (300 gm.). Decoct this *triphalā* herbs in water measuring 4800 ml. Keep decocting the preparation until its original quantity is reduced to one eighth. Filter this decoction and add to it the same quantity of cow *ghṛitam* (i.e. 800 gm.) along with 800 ml. of *śatāvarī* juice or its decoction. Following this, add to the receipe cow milk measuring twice the quantity (1600 ml.) of decoction. Further, add to it above mentioned *abhraka bhasma*, *rasa sindūra* and 50 gm. *lauha bhasma* from its 100 gm. quantity. Also, add to it water four times greater than the *ghṛitam* (i.e.

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480 ml.). Collect all these materials in a large iron pan and cook the preparation on a slow heat. While cooking, the cooked preparation should be pulverized with a large iron spoon (blender). When the preparation becomes thick, add to it the remaining part of *lauha bhasma* (50 gm.) along with powdered *mānakanda*, *kāpālika*, *cavya*, *vāyaviḍanga*, *bṛihaddala* (i.e. *lodhra*), *śarapunkha*, *pāṭhā*, bark of *citraka*, dried ginger, all the five types of salts (separately), *yavakṣāra*, seeds and root of *vṛiddhadāraka*, caraway seeds and root of *snuhī*. Each of this powder should be be 150 gm. After adding all these materials, thoroughly stir the preparation. It would be better if we use the above *lauha bhasma* only after saturating it twice with each of the decoctions or juices of *mānakanda*, *ghaṇṭakarṇa* and *śūraṇkanda* separately. After properly triturating the mix, dry it and store the same in a glass jar.

Therapeutic benefits: *Yakṛitplīhodarhara Lauha* is helpful in providing relief from enlargement of spleen and liver, problems of gastrointestinal tract and *gulma* without conducting surgical operations or cauterization therapy. Therefore, physicians should use this precious medicine for treatments.

यकृत्प्लीहोदरारिलौहम्–

स्वर्णरौप्यंतथाताम्रवङ्गञ्चाभ्रंसमाक्षिकम् । सर्वार्द्धं जारितं लौहं कल्पयेत्कुशलो भिषक् ।।१६२।।
शृङ्गबेररसेनापि शेफालीदलजै रसैः । स्वरसैर्बिल्वपत्राणां क्वाथैश्च कटुतिक्तजैः ।।१६३।।
रसेन बहुमञ्जर्या भावयेच्च त्रिधा त्रिधा । वल्लमात्रं प्रदातव्यं पर्पटक्वाथसंयुतम् ।।१६४।।
प्लीहानं यकृतं श्वासं कासञ्च विषमज्वरम् । गुल्मशोथोदरानाहमग्नमांसमरोचकम् ।।१६५।।
कामलां पाण्डुरोगञ्चिरकालानुबन्धिनम् । सर्वान्रोगान्निहन्त्याशु वातपित्तकफोद्भवान् ।।१६६।।

162-166. Yakṛitplīhodarāri Lauham:

Ingredients: *Svarṇa bhasma*, *raupya bhasma*, *tāmra bhasma*, *vanga bhasma*, *abhraka bhasma*, *svarṇamākṣika bhasma*, *lauha bhasma*, ginger juice, juice of *śephālī* leaves, juice of *bilva* leaves, decoction of *kirātatikta* and juice of *tulasī* leaves.

Process of Drug-Making: Take 1 part each of *svarṇa bhasma*, *raupya bhasma*, *tāmra bhasma*, *vanga bhasma*, *abhraka bhasma* and *svarṇamākṣika bhasma*. In addition, take *lauha bhasma* measuring half of their combined weight (i.e. 3 parts). Pulverize all these materials together. Impregnate this mix separately and three times each with the ginger juice, juice of *śephālī* leaves, juice of *bilva* leaves, decoction of *kirātatikta* and juice of *tulasī* leaves. Triturate the mix and

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prepare pills in measurement of 375 mg. each. Dry these pills and store them in a glass bottle.

Method of use/Administration: This medicine is to be taken in doses of one pill each during morning and evening hours along with decoction of *parpaṭa*.

Therapeutic benefits: This medicine helps in alleviating enlargement of spleen and liver, *śvāsa*, *kāsa*, *viṣam jvara*, *gulma śotha*, problems of gastrointestinal tract, *ādhmāna*, enlargement of heart, *arocaka*, jaundice, chronic *pāṇḍu* and all diseases generated due to vitiation of *vāta*, *pitta* and *kapha*.

शङ्खद्रावको रसः–

योगिनीभैरवाभ्याञ्च बलिमादौ प्रदापयेत् । पश्चाद्यन्त्रञ्च कर्त्तव्यमेवमाह परेश्वरी ।।१६७।।
रसः शङ्खद्रवो नाम शम्भुदेवेन भाषितः । गुह्याद् गुह्यतमं गुह्यमिदानीं कथ्यते मया ।।१६८।।
शङ्खचूर्णं यवक्षारं सर्जिकाक्षारटङ्कणम् । समञ्च पञ्चलवणं स्फटिकारिं नृसादरम् ।।१६९।।
काचकूप्यां ततः क्षिप्त्वावारुणीयन्त्र मुद्धरेत् । यामार्द्ध द्रावयत्येष शङ्खशुक्तिवराटकान् ।।१७०।।
अर्शांसि नाशयेत् षट्चमूत्रकृच्छ्राश्मरीस्तथा । उदराष्टविधं हन्ति गुल्मप्लीहोदराणि च ।।१७१।।
अजीर्णं नाशयेच्छीघ्रं ग्रहणीञ्चविसूचिकाम् । भुक्तशेषेच भोक्तव्यो बिन्दुमात्रो रसोत्तमः ।।१७२।।
क्षणमात्राद्धवेद्धस्म पुनर्भोजनमिच्छति । प्रत्यहं भोजनान्ते च संसेव्योऽयं रसोत्तमः ।।१७३।।
न रुजाया भयं क्वापि सत्यं सत्यं वदाम्यहम् । न देयो यस्य कस्यापि सदा गोप्यञ्च कारयेत् ।
रसः शङ्खद्रवो नाम वैद्यानामुपकारकः ।।१७४।।

167-174. Śankhadrāvaka Rasa:

Ingredients: *Śankha*, *yavakṣāra*, *svarjikṣāra*, *tañkaṇa*, all five salts (separately), alum, *nṛisādara*, *śankha*, *śukti and varāṭikā*.

Process of Drug-Making: Before preparing this *Śankhadrāvaka* medicine, one should first to worship the *yoginis*, God Śiva (Bhairavanāth) and make offerings. Subsequently, for preparation of this medicine, one should build a *yañtra* and start the preparation of this unique medicine according to the oration of Śambhu Deva. Obtain equal parts of powdered *śankha* and *yavakṣāra*, *svarjikṣāra*, *tañkaṇa*, all the five types of salts (separately), alum and *nṛisādara*. Ground these materials and fill their paste in a glass cup. Prepare the *Śankhadrāvaka* according to *Vāruṇī Yañtra* method. Add *śankha*, *śukti* and *vrāṭikā* to this *śankhadrava*. These supplements would cook within half *prahara* (one and a half hour).

Method of use/Administration: After taking meals, this medicine is to be taken in doses of one drop along with 48 ml. measure of water. In cases of severe stomachache, this medicine can be given without any fear for cure.

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Therapeutic benefits: This medicine is useful for checking six types of *arśa*, *mūtrakṛicchra*, *aśmarī*, eight types of problems of gastrointestinal tract, *gulma*, enlargement of spleen, *ajīrna*, *grahaṇī* disorders and *viṣūcīkā*.

I truthfully state that this medicine should not be discussed with everyone because if the same is given in excess doses it can prove harmful to the patient. Therefore, enemies can make unwanted use of this medicine to settle scores. Hence, it is considered to be kept as a confidential medicine. This *Śankhadrava Rasa* is very much helpful to the physicians.

(*Dhanavantarī*)

शङ्खद्रावकरसः (द्वितीयः)–

अर्कः स्नुही तथा चिञ्चा तिलारग्वधचित्रकम् । अपामार्गभस्म समं वस्त्रपूतं जलं हरेत् ।।१७५।।
मृद्वग्निना पचेत्तत्तु यावल्लवणताङ्गतम् । लवणेन समौ ग्राह्यौ द्वौ क्षारौ टङ्कणं तथा ।।१७६।।
समुद्रफेनं गोदन्तं काशीशं सोरकं तथा । द्विगुणं पञ्चलवणं मातुलुङ्गरसेन च ।।१७७।।
काचकूप्यान्तु सप्ताहं वासयेदम्लयोगतः । शङ्खचूर्णपलं दत्त्वा वारुणीयन्त्रमुद्धरेत् ।।१७८।।
सर्वधातून् हरेच्छीघ्रं वराटीशङ्खकादिकान् । उदरादिकरोगाणां सद्यो नाशकरः परः ।।१७९।।

175-179. Śankhadrāvaka Rasa (Second Recipe):

Ingredients: Ash of *arka*, *snuhī*, *tila*, *aśvattha*, *cincā*, *vahni*, *apāmārga*, water, both types of *kṣāras*, *tañkaṇa*, *samudra* salt (common salt), *godantī*, *kaśīśa*, *soraka* and five types of *lavaṇa*, sour-juice and *śankha bhasma*.

Process of Drug-Making: Get equal parts (i.e. 1 kg. each) of the ash of *arka*, *snuhī*, *tila*, *aśvattha*, *cincā*, *vahni* and *apāmārga* and combine them with water (56 litres) and subsequently strain the mix through a piece of cloth for seven consecutive times. Leave the preparation at ease for 3-4 days. Subsequently, remove the water from the upper layer of the same. Strain the water for 7 consecutive times and preserve it in a steel jar. Cook it till it gets thickened. Pour the preparation on a tray and allow it to dry under sun. Now store the same in a glass bottle. Take 200 gm. each of both types of the *kṣāras*, *tañkaṇa* and *samudra* salt (common salt) and double the quantity of *godantī*, *kaśīśa*, *soraka* and five types of *lavaṇa*. Put the recipe in a large mortar and triturate the same. Subsequently, store it in glass bottle and soak it through juice of *mātulunga* lemon for seven days. Add to it 200 gm. of *śankha bhasma*. Then, with the help of a *Vāruṇī Yañtra*, distill the powerful essence of the drug that is transparent.

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Note: All the five salts should be taken in measure of 80 gm. and not 200 gm. in combination.

Dosage: 1-5 drops.

Therapeutic benefits: The liquid dissolves different materials including the *varāṭa* and *śankha*, what to speak of the meal consumed by a patient suffering from suppressed power of digestion. It cures *gulma* (phantom tumour), spleen related disorders, *udara* (abdominal diseases including ascites) and eight types of colic-pain. It is a supporter of the life of the physician. It is called *Śankha Drava Rasa*.

(*Bṛ.Yo.Ta.*)

शङ्खद्रावको (महान्)–

चिञ्चाऽश्वत्थंस्नुहीह्यर्कोऽपामार्गश्चहि पञ्चमः। पृथग्भस्मजलंकृत्वातद्धृत्य लवणानि च ।।१८०।।
टङ्गणञ्च यवक्षारं सर्ज्जं लवणपञ्चकम् । रामठं तोलकञ्चैव लवङ्गं नरसादरम् ।।१८१।।
जातीफलञ्च गोदन्तं ताप्यं गन्धरसं तथा । विषं समुद्रफेनञ्च सोरजा स्फटिकारिका ।।१८२।।
शङ्खचूर्णं शङ्खनाभीचूर्णं पाषाणसम्भवम् । मनःशिला च काशीशं समभागञ्च कारयेत् ।।१८३।।
भावयेद्वेतसरसैः काचकूप्यां क्षिपेत्ततः । अन्तर्द्रव्यांचतां कृत्वा चोष्णस्थाने तु धारयेत् ।।१८४।।
वस्त्रेणाच्छादितां तावद्यावत्स्यात्सप्तवासरम् । पश्चान्मन्दाग्निा देयं वारुणीयन्त्र उद्धरेत् ।।१८५।।
काचकूप्यां जलं दत्त्वा रक्षयेद्यत्नतः सुधीः । गुञ्जैकं पर्णखण्डेन प्रत्यहं भक्षयेन्नरः ।।१८६।।
कासं श्वासं क्षयं प्लीहमजीर्णं ग्रहणीगदम् । रक्तपित्तं क्षतं गुल्ममशांसि च विनाशयेत् ।।१८७।।
अश्मरीं मूत्रकृच्छ्रञ्च शूलमष्टविधं तथा । आमवातं रक्तवातं खञ्जवातं धनुस्तथा ।।१८८।।
उदरामयमामं च स्थूलतां क्रिमिकोष्ठताम् । वातपित्तकफान् सर्वान्नाशयेन्नात्र संशयः ।।१८९।।
भुक्त्वा च कण्ठपर्यन्तंगुञ्जैकञ्चरसंलिहेत् । तत्क्षणात्कारयेद् भस्म तृणराशिमिवानलः ।।१९०।।
यामार्द्धं द्रावयेत्सर्व्वं शङ्खशुक्तिवराटकम् । पूर्वोक्तविधिना तत्र दद्यान्निशि चतुष्पथे ।।१९१।।
योगिनीभैरवाभ्यां च बलिं मांसतिलानथ । महाशङ्खद्रवो नाम्ना शुम्भुदेवेन भाषितः ।।१९२।।
गुह्याद्गुह्यतमोगोप्यःपुत्रायापिनकथ्यते । लोकानां कौतुकात्कर्त्रा प्रकाश्यो राजसन्निधौ ।।१९३।।

180-193. Śankhadrāvaka Rasa (Major Recipe):

Ingredients: *Bhasma* of tamarind fruit's peel, *bhasma* of *pippalī's* bark, *bhasma* of *snuhī's* wood, *bhasma* of *arka's* wood, *bhasma* of *apāmārga*, water, all the five types of salts or the five *kṣāras* (alkalies), borax, *yavakṣāra*, *svarjikṣāra*, five salts (separately), *hīraka*, *hingu*, clove, *niśādala*, *jātīphala*, *godantī*, *svarṇamākṣika*, *gandharasa*, purified *vatsanābha*, *phenaka*, *soraja*, alum, powder *śankha's* pieces, purified *manahśilā*, *kāśīśa* and decoction of *vetras's* root.

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Process of Drug-Making: Take *bhasma* of tamarind fruit's peel, *bhasma* of *pippalī's* bark, *bhasma* of *snuhī's* wood, *bhasma* of *arka's* wood and *bhasma* of *apāmārga* (1 part each i.e. 25 gm. each). Dissolve all these ingredients separately in water measuring four times greater. Filter the suspension for seven times. Subsequently, slowly cook filtered fluid on fire under warm sunlight. Allow the preparation to be reduced to a little quantity. Following this, remove it from fire and dry the fluid. Add to it, all the five salts or the five *kṣāras* (alkalies) in quantity of 25 gm. each. Further add to the recipe: 25 gm. each of borax, *yavakṣāra*, *svarjikṣāra*, five salts (separately), *hīraka*, *hingu*, clove, *niśādala*, *jātīphala*, *godantī*, *svarṇamākṣika*, *gandharasa*, purified *vatsanābha*, *pheṇaka*, *soraja*, alum, powder *śankha's* pieces, purified *manahśilā* and *kaśīśa*. Finally ground all these materials and treat them with decoction of *vetra's* root for aroma. Fill this preparation in a glass jar that has been coated with mud. Cover its mouth with a cloth and leave it in a warm place for seven days. On the eighth day, cook the same according to *Vāruṇīya Yañtra* method and collect the medicine. Store this medicine in a glass bottle which has got a tight lid.

Method of use/Administration: Two drops of this medicine is to be taken daily with pack of the betal leaves. After taking full throat meals, if one consumes one or two drops of this medicine with a pack of the betal leaves or with water, his food gets digested immediately.

Therapeutic benefits: This *Mahāśankhadrava* is very much effective in curing *kāsa* (coughs), *śvāsa*, *kṣaya*, enlargement of spleen, *ajīrna*, *grahaṇī* disorders, *raktapitta*, *kṣata*, *gulma*, *arśa*, *aśmarī*, *mūtrakṛicchra*, eight types of *śūla*, *āmavāta*, *raktavata*, *kañjavāta*, *dhanurvāta*, problems of gastrointestinal tract, *āma* vitiations, *sthaulya* problems, stomach worms and disorders of *vāta*, *pitta* and *kapha*. This *Mahāśankhadrāvaka* is capable of melting *śankha*, *śukti* and *kapardikas* (cowries) within one and a half hours. Before preparation of this medicine, one should worship Yoginī and Bhairava and should make offerings of meat, black sesame, etc. during evening or mid night at the crossroads.

(*Bṛ.Yo.Ta.*)

द्रावकरसो महान् (प्रथमः)–

यवक्षारस्य भागौ द्वौ स्फटिकारेस्त्रयो मताः । एकीकृत्य प्रपिष्यापि मूत्रैर्वत्सतरीभवैः ।।१९४।।
शुष्कं कृत्वा क्षिपेत्पात्रे शैशके वस्त्रलेपिते । अन्यशीशकपात्रन्तु द्विमुखं मेलयेद् बुधः ।।१९५।।
वृद्धवैद्योपदेशेन पचेत् पात्रस्थमौषधम् । संनिधाने ततः स्थाप्य पात्रान्यं लभते रसः ।।१९६।।

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ततो रसं विनिष्कृष्य स्थापयेत् स्निग्धभाजने । लवङ्गेन समं खादेदथवा मृतताम्रकैः ।।१९७।।
प्लीहादिस्थूलरोगेषु दापयेद्रक्तिकां भिषक् । दूरीकरोति रोगांश्च महाद्रावकसंज्ञकः ।।१९८।।
श्वित्रे च दद्रुरोगे च प्रलेपं द्रावकस्य च । वह्निवज्जवलनं तस्य दधि दत्त्वा प्रलेपयेत् ।।१९९।।

194-199. Drāvaka Rasa (Major Types - First Recipe):

Ingredients: *Yavakṣāra*, alum and urine of a female donkey.

Process of Drug-Making: Take 2 parts of *yavakṣāra* and 3 parts of alum. Triturate them and impregnate the mix with urine of a female donkey. Dry the compound and fill it into a long necked glass bottle that has been closed with a piece of cloth which has been treated with mud. After filling the preparation into the glass bottle, put a cork that has a hole in its middle. Similarly, take another long necked empty bottle without having any mud treated cloth. Put another holed cork into its mouth. Take a U shaped glass tube and fix its both ends to the holes of both the corks. Both the bottles should be in contact with the help of this glass tube. Put the bottle containg the compound on a slow fire. Make sure that the other bottle is merged in water so that it can collect the evaporated compound of the bottle being heated in form of drops. See that the entire compound is evaporated. Let the deposited drops cool down on its own. Preserve the same carefully in a glass that has got a tight lid.

Method of use/ Administration and Therapeutic benefits: This medicine can be consumed in doses of 1-2 drops along with water (25 ml.) and 1 gm. measure of clove powder. In cases of spleen disorders, one drop of this medicine should be given with 150 mg. measure of the *tāmra bhasma*. Being an *āmla* product, it cannot be given alone. Hence, in cases of spleen disorders, it should be given in one drop only. This *Mahādrāvaka Rasa* can also used for treating *śvitra* and *dadru* diseases. It should be dissolved into water and then only it should be applied on the affected parts. If there is any severe burning sensation (like fire) due to its application, one should apply curd on the affected parts to get relief.

महाद्रावकरसो महान् (द्वितीयः)–

वृषश्चित्रमपामार्गश्चिञ्चा कूष्माण्डनाडिका । स्नुही तालस्य पुष्पञ्च वर्षाभूर्वेतसं तथा ।।२००।।
एतेषां क्षारमाहृत्य लिम्पाकस्वरसेन च । क्षालयित्वा क्षारतोयं वस्त्रपूतञ्च कारयेत् ।।२०१।।
चण्डातपेन संशोष्य गाह्यं तद् द्रवणोचितम् । एतस्य द्विपलं ग्राह्यं यवक्षारपलद्वयम् ।।२०२।।
स्फटिकारिपलञ्चैव नरसारपलन्तथा । पलार्द्धं सैन्धवं ग्राह्यं टङ्कणं तोलकद्वयम् ।।२०३।।
काशीशं तोलकं चैव मुद्राशङ्खं च तोलकम् । दारुमोचं कर्षकञ्च तोलमर्णवफेनकम् ।।२०४।।
सर्वमेकत्र सञ्चूर्ण्य वकयन्त्रेण साधयेत् । महाद्रावकमेतद्धि योज्यञ्च रसजारणे।।२०५।।

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हन्ति गुल्मादिरोगांश्च यकृत्प्लीहोदराणि च ।।२०६।।

200-206. Mahādrāvaka Rasa (Major Type - Second Recipe):

Ingredients: *Kṣāra* of *aḍuṣā*, *kṣāra* of *citraka*, *kṣāra* of *apāmārga*, *kṣāra* of ripe tamarind fruit's peel, *kṣāra* of *kūṣmaṇḍanāḍikā*, *kṣāra* of *snuhī*, *kṣāra* of palm flowers, *kṣāra* of *punarnavā*, *kṣāra* of *vetra*, lemon juice, *yavakṣāra*, alum, *niśādala*, rock salt, borax, *kaśīśa*, *mudrā śankha*, *darumoca* and *phenaka*.

Process of Drug-Making: Get 50 gm. each of *kṣāra* of *aḍuṣā*, *kṣāra* of *citraka*, *kṣāra* of *apāmārga*, *kṣāra* of ripe tamarind fruit's peel, *kṣāra* of *Kūṣmaṇḍanādi*, *kṣāra* of *snuhī*, *kṣāra* of palm flowers, *kṣāra* of *punarnavā* and *kṣāra* of *benta*. Dissolve all these ingredients in lemon juice and filter it with a piece of cloth. Following this, dry this fluid under the heat of sun. Collect *yavakṣāra* measuring 100 gm., 50 gm. each of alum and *niśādala*, 25 gm. of rock salt, 25 gm. of borax, 12 gm. each of *kaśīśa*, *mudrā śankha*, 12 gm. of *darumoca* and 12 gm. of *phenaka*. Cook these materials together through a glass made *vakayañtra* obtain the medicine.

Method of use/Administration: This medicine can be used in doses of 1-2 drops.

Therapeutic benefits: This *Mahādrāvaka Rasa* is used in eliminating *gulma*, enlargement of liver, enlargement of spleen and problems related to gastro intestinal tract.

(Vāhaṭa)

द्रावकरसो महान् (तृतीयः)–

शुद्धं काञ्चनमाक्षिकं मृदुतरं कांस्याभिधं तत्तथा-
सिन्धूत्थं विमलं रसाञ्जनवरं फेनः स्रवन्तीपतेः ।
क्षारौ सर्जिकसाम्भलौ सुविमलौ भागास्त्वमीषां समाः-
सप्तानां सदृशन्तु टङ्कणमिहास्यार्द्धो नृसारः सितः ।।२०७।।
तत्तुल्या स्फटिकारिका त्रिसदृशः शुक्लो यवस्याग्रजः-
काशीशत्रितयं यवाग्रजसमं सञ्चूर्ण्य सर्वं न्यसेत् ।
पात्रे काचमये मृदम्बरवृते यन्त्रे वकाख्ये भिषग्-
ज्वालेन क्रमवर्द्धिनाऽत्यवहितोऽमीषां रसं पातयेत् ।।२०८।।
यो द्राग् भस्मवराटिकां प्रकुरुते सोऽयंमहाद्रावकः-
को वक्तुं प्रभवेदमुष्य नितरां सम्यग्गुणान् भूतले ।
एतद्वल्लचतुष्टयं सह गिलेच्छुण्ठ्या लवङ्गेन वा-

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तत्पश्चात्परिवासितं बहुगुणं ताम्बूलकं भक्षयेत् ।।२०९।।
प्रासङ्गयात् कथयामि ताञ्छृणु गुणानस्यैवकांश्चित्वरान्-
निःशेषं विनिहन्त्यसौ चिरभवान्यष्टोदराणि ध्रुवम् ।
गुल्मं पाण्डुहलीमकं सुकठिनामष्ठीलिकां कामलां-
मन्दाग्नि विषमाग्नितां बहुविधाञ्छोथांश्च शूलानपि ।।२१०।।
सर्वार्शांसि भगन्दरान् क्रिमिगदान् पञ्चैव कासांस्तथा-
हिक्काश्लीपदकोषवृद्धिमरुचिव्याधिं महादारुणम् ।
नव्यं वा चिरजं ज्वरं बहुविधं छर्दिं क्रिमीन् विंशतिं-
यक्ष्माणं चिरजामवातपिडकावीसर्पविस्फोटकम् ।।२११।।
उन्मादं स्वरभेदमर्ब्बुदमपि स्वेदञ्च हृत्पाणिजं-
जिह्वास्तम्भगलग्रहं चिरभवं ग्रीवारुजामुल्वणाम् ।
नासाकर्णशिरोंऽक्षिवक्त्रजरुजां क्षुद्रामयांश्चापरान्-
हन्यादेव चिरोत्थितान् बहुविधानन्यांश्च रोगानपि ।।२१२।।
एकः स्यादपरो हि टङ्गणमुखैर्द्रव्यैः परैः सप्तकै-
रन्यस्तु स्फटिकारिटङ्गणयवक्षाराग्रकासीसकैः ।
जानीयाद् गुरुतो विभागमनयोर्यन्त्रादिकं चापरं-
निर्दिष्टास्त्रय एव भेषजवराः स्वल्पो महान् मध्यमः ।।२१३।।

207-213. Drāvaka Rasa (Major Type - Third Recipe):

Ingredients: Purified *svarṇamākṣika*, purified *kānsyamākṣika*, pure rock salt, *rasāñjana*, *samudraphena*, *svarjikṣāra*, salt obtained from the Sambhar lake, borax, *niśādala*, alum, *tañkaṇa*, *yavakṣāra*, *dhātukaśīśa*, *panśukāśīśa* and *puṣpakaśīśa*.

Process of Drug-Making: Obtain 1 part each of purified *svarṇamākṣika*, purified *kānsyamākṣika*, pure rock salt, *rasāñjana*, *samudraphena*, *svarjikṣāra* and salt obtained from the Sambhar lake. Take borax equal to the combined weight of all these seven ingredients (i.e. 7 parts). Also get *niśādala*, alum and *tañkaṇa* each measuring half the quantity of the borax (i.e. 3.5 part each). In addition, take *yavakṣāra* equal to the combined weight of *narasāra*, *sphaṭika* and *tañkaṇa* (i.e. 14 parts) along with equal parts of *dhātukaśīśa*, *panśukāśīśa* and *puṣpakāśīśa* equaling to the measure of the *yavakṣāra* (i.e. 14 parts in combination). Pulverize all the materials together. Put the compound in a glass bottle and cover it with a piece of cloth that has been treated with mud. Place this bottle in a *Vakayañtra* and methodologically cook the same on all the three types of fire (slow, normal and strong) to obtain medicine. The medicine thus obtained is known as *Mahādrāvaka Rasa*.

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The *Mahādrāvaka* prescriptions are of three varieties. The one involving seven materials (borax, *narasāra*, alum, *yavakṣāra*, *dhātukaśīśa*, *panśukāśīśa* and *puṣpakaśīśa*) is of a mediocre standard. The one prepared by using four materials (alum, *yavakṣāra*, *dhātuKāśīśa* and *panśukaśīśa*) is considered to be of a lower standard. The one which is prepared by using all the materials indicated above (i.e. purified *svarṇa makṣika* to *puṣpakaśīśa*) is the best one among the *Mahādrāvakas*.

Method of use/Administration: This medicine is to be consumed in doses of four *valla* (1500 mg.) each with powder of dried ginger and clove measuring 1 gm. After the intake of this medicine, one should eat betel leaves aromated with camphor and the like. However, the dosage of four *valla* (1500 mg.) is more than enough therefore one can take two to six drops of this medicine with water.

Therapeutic benefits: It can immediately melt *Varāṭikā* and related materials. No body can describe its eternal properties. This *Mahādrāvaka Rasa* is helpful in providing relief from eight types of problems related to the gastro intestinal tract, *gulma*, *pāṇḍu*, *halīmaka*, *aṣṭhīlikā*, jaundice, *mandāgni*, unregulated digestion, all types of *śotha* and *śūla*, all types of *arśa*, *bhagandara*, worm diseases, all five types of coughs, hiccups, *ślīpada*, *koṣavṛiddhi*, severe *aruci*, fresh and chronic fevers, vomiting, 20 types of worm diseases, *rāja yakṣamā*, chronic *āmavāta*, *prameha pīḍaka*, *visarpa*, *visphoṭa*, *unmāda*, hoarseness of voice, *arbuda*, frequent sweating from breast and sole, *jihvāstambha*, *galagraha*, chronic throat problems, nose problems, ear problems, head problems, eye problems, mouth problems, *kṣudra roga* and the like.

(Vāhaṭa)

चित्रकघृतम्–

चित्रकस्य तुलाक्वाथे घृतप्रस्थं विपाचयेत् । आरनालं तद् द्विगुणं दधिमण्डं चतुर्गुणम् ।।२१४।।
पञ्चकोलकतालीशक्षारैर्लवणसंयुतैः । द्विजीरकनिशायुग्मैर्मरिचं तत्र दापयेत् ।।२१५।।
प्लीहगुल्मोदराध्मानपाण्डुरोगारुचिज्वरान् । वस्तिहृत्पार्श्वकट्यूरुशूलोदावर्त्तपीनसान् ।।२१६।।
हन्यात्पीतं तदर्शोघ्नं शोथघ्नं वह्निदीपनम् । बलवर्णकरञ्चापि भस्मकञ्च नियच्छति ।।२१७।।

214-217. Citraka Ghṛitam:

Ingredients: *Citraka*, water, *mūrcchita* cow *ghṛitam*, *kānji*, water of curd, *pippalī*, *pippalīmūla*, *cavya*, *citraka* (bark), dried ginger, *tāliśapatra*, *yavakṣāra*, rock salt, cumin seeds, black cumin seeds, *haridrā*, *dāru haridrā* and black pepper.

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Process of Drug-Making: Get 750 ml. of *citraka* decoction. Add to it, 750 ml. of *mūrcchita* cow *ghṛitam*, 1.5 litre of *kānji*, water of curd measuring 3 litre and about 200 gm. of *kalka* prepared out of equal parts (15 gm. each) of *pippalī*, *pippalīmūla*, *cavya*, *citraka* (bark), dried ginger, *tāliśapatra*, *yavakṣāra*, rock salt, cumin seeds, black cumin seeds, *haridrā*, *dāru haridrā* and black pepper. Cook all these ingredients together on a slow heat.

Therapeutic benefits: It checks spleen related enlargement, *gulma* (phantom tumour), *udara roga*, abdominal distension, anemia, anorexia, fever, pain in urinary bladder, heart, sides, of the chest, lumber region and thighs, *udāvarta* (upward movement of *vāta* in the abdomen), *pīnasa* (chronic rhinitis), piles and edema. It stimulates the power of digestion and promotes strength as well as complexion. It also cures *bhasmaka* (voracious appetite).

(Cakradatt)

पिप्पलीघृतम्–

पिप्पलीकल्कसंयुक्तं घृतं क्षीरचतुर्गुणम् । पचेत् प्लीहाग्निसादादियकृद्रोगहरं परम् ।।२१८।।

218. Pippalī Ghṛitam:

Ingredients: *Mūrcchita ghṛitam*, *kalka* of *pippalī* and milk.

Process of Drug-Making: Get *mūrcchita ghṛitam* (1 kg.) cooked along with the *kalka* of *pippalī* (250 gm.) and four times of milk (i.e. 4 litres).

Dosage: 6-12 gm. along with warm milk.

Therapeutic benefits: This medicated *ghṛitam* cures spleen related enlargement, suppression of the power of digestion and enlargement of liver.

(Cakradatt)

चित्रकपिप्पलीघृतम्–

पिप्पली चित्रकान्मूल पिष्ट्वासम्यग्विपाचयेत् । घृतं चतुर्गुणं क्षीरं यकृत्प्लीहोदरापहम् ।।२१९।।

219. Citrakapippalī Ghṛitam:

Ingredients: *Mūrcchita ghṛitam*, *kalka* of the root of *pippalī* and *citraka* and milk.

Process of Drug-Making: Get *mūrcchita ghṛitam* (1 kg.) cooked along with the *kalka* of the equal parts (125 each) of the root of *pippalī* and *citraka* and milk (4 litres).

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Dosage: 6-12 gm. along with warm milk.

Therapeutic benefits: This medicated *ghṛitam* cures *yakṛita dalyudara* and *plīhodara*.

(Cakradatt)

रोहीतकघृतम्–

रोहितकत्वचः श्रेष्ठाः पलानां पञ्चविंशतिम् । कोलद्विप्रस्थसंयुक्तं कषायमुपकल्पयेत् ।।२२०।।
पलिकैः पञ्चकोलैश्च तैः सर्वैश्चापि तुल्यया । रोहीतकत्वचा पिष्टैर्घृतप्रस्थं विपाचयेत् ।।२२१।।
प्लीहाभिवृद्धिं शमयेदेतदाशु प्रयोजयेत् । तथा गुल्मज्वरश्वासक्रिमिपाण्डुं च कामलाम् ।।२२२।।

220-222. Rohītaka Ghṛitam:

Ingredients: *Rohītaka* bark, *kola*, water, *pippalī*, *pippalīmūla*, *cavya*, *citraka* (bark), dried ginger, *rohītaka* bark and *mūrcchita* cow *ghṛitam*.

Process of Drug-Making: Take 1.50 kg. each of *rohītaka* bark and *kola* and get them boiled together in water and thus obtain a decoction of the mix. Add to it, *kalka* prepared out of 30 gm. each of *pippalī*, *pippalīmūla*, *cavya*, *citraka* (bark) and dried ginger along with 30 gm. of *rohītaka* bark thoroughly compounded. Add to the preparation, 750 mg. of *mūrcchita* cow *ghṛitam* and cook the preparation on a slow heat.

Dosage: 6-12 gm. along with warm milk.

Therapeutic benefits: Administration of this medicated *ghṛitam* instantaneously cures spleen related enlargement, *gulma* (phantom tumour), fever, asthma, parasitic infestation, anemia and jaundice.

(Cakradatt)

रोहीतकघृतं महत्–

रोहीतकात्पलशतं क्षोदयेद्वदराढकम् । साधयित्वा जलद्रोणे चतुर्भागावशेषितम् ।।२२३।।
घृतप्रस्थंसमावाप्यछागक्षीरंचतुर्गुणम् । तस्मिन्दद्यादिमान्कल्कान् सर्वांस्तानक्षसम्मितान् ।।२२४।।
व्योषं फलत्रिकं हिङ्गु यमानी तुम्बरु बिडम् । अजाजी कृष्णलवणं दाडिमं देवदारु च ।।२२५।।
पुनर्नवा विशाला च यवक्षारं सपौष्करम् । विडङ्गं चित्रकञ्चैव हवुषा चविका वचा ।।२२६।।
एभिर्घृतं विपक्वन्तु स्थापयेद् भाजनेशुभे । पाययेत्त्रिपलां मात्रां व्याधिं बलमवेक्ष्य च ।।२२७।।
रसकेनाथ यूषेण पयसा वाऽपिभोजयेत् । उपयुक्तेघृतेत्वस्मिन्व्याधीन्हन्यादिमान् बहून् ।।२२८।।
यकृत्प्लीहोदरञ्चैव प्लीहशूलं यकृत्तथा । कुक्षिशूलञ्च हच्छूलं पार्श्वशूलमरोचकम् ।।२२९।।
विबन्धशूलं शमयेत्पाण्डुरोगं सकामलम् । छर्ह्यतीसारशूलघ्नं तन्द्राज्वरविनाशनम् ।
महारोहीतकं नाम प्लीहानं हन्ति दारुणम् ।।२३०।।

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223-230. Rohītaka Ghṛitam (Major Variety):

Ingredients: *Rohītaka*, water, decoction of *badarī phalām*, *mūrcchita* cow *ghṛitam*, goat's milk, *vyoṣa*, *triphalā*, *hingu*, *yamānī*, *tumburu*, *viḍa*, *ajājī*, *kṛiṣṇa lavaṇa*, *dāḍima*, *devadāru*, *punarnavā*, *viśālā*, *yavakṣāra*, *puṣkaramūla*, *viḍanga*, *citraka*, *havuṣā*, *cavya* and *vacā*.

Process of Drug-Making: Take 5 kg. of *rohītaka* and decoct it in water measuring 12.5 litre. Boil down the preparation to one fourth of the original quantity. Likewise, prepare a decoction of *badarī phalām* in equal quantity. Mix both the decoctions into an earthen pot and add to it *mūrcchita* cow *ghṛitam* measuring 750 ml. and goat's milk 3 litre. Also add to it a *kalka* of following herbs each measuring 12 gm.: *vyoṣa*, *triphalā*, *hingu*, *yamānī*, *tumburu*, *viḍa*, *ajājī*, *kṛiṣṇa lavaṇa*, *dāḍima*, *devadāru*, *punarnavā*, *viśālā*, *yavakṣāra*, *puṣkaramūla*, *viḍanga*, *citraka*, *havuṣā*, *cavya* and *vacā*. Combine all the ingredients together and cook it on a slow heat. This medicated *ghṛitam* should be stored in a clean jar.

Method of use/Administration: The medicine should be administered in a dose of 6-12 gm. depending upon the condition of disease as well as strength of the patient along with meat-soup, vegetable soup or milk.

Therapeutic benefits: It cures *yakṛitodara*, *plīhodara*, pain in spleen, liver, pelvis, heart and sides of the chest, anorexia, pain caused by constipation, anemia, jaundice, vomiting, diarrhoea, colic pain, drowsiness and fever. It is called *Mahā Rohītaka Ghṛitam* which is specially effective in curing serious type of spleen related enlargement.

(Cakradatt)

ब्रह्मघृतम् (व. से.)–

शिलाह्वयं नागरकालशाकंकाकादनी मूलनिदिग्धिका च ।
पञ्चैव दद्याल्लवणानि हिङ्गुकृष्णा च तैरक्षसमैः पृथक् पृथक् ।।२३१।।
प्रस्थं घृतं स्याच्च पचेच्छनैः शनैश्चतुर्गुणं मूत्रमतः प्रदीयते ।
पयश्च दद्याद् द्विगुणं विपक्वंतद् ब्रह्मजुष्टं प्रवदन्ति सर्पिः ।।२३२।।
प्लीहोदरं दूष्यमथोदरं च आयम्यमानं जठरं निहन्ति ।।२३३।।

231-233. Brāhma Ghṛitam:

Ingredients: *Śilājātu*, dried ginger, root of *śarapunkhaka, guñjā*, root of *kaṇṭakārī*, all the five salts taken separately, *hingu*, *pippalī*, water, *mūrcchita* cow *ghṛitam*, cow urine and cow milk.

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Process of Drug-Making: Take 17 gm. each of *śilājatu*, dried ginger, root of *śarapunkhaka*, root of *kañṭakārī*, all the five salts taken separately, *hingu* and *pippalī*. Thickly pulverize these materials and ground on a stone slab with water to make *kalka* out of it. Subsequently, take *mūrcchita* cow *ghṛitam* (750 gm.), cow urine (3 litres), cow milk (3 litres) and water (3 litres). Combine all these materials in a metallic pan and methodologically cook it on a slow heat. The medicinal oil thus obtained is known as *Brāhma Ghṛitam*.

Method of use/Administration: It should be taken daily with lukewarm milk or lukewarm water in doses of 6-12 gm.

Therapeutic benefits: It helps in alleviating spleen problems, *duṣyodara* and all types of problems related to gastro intestinal tract.

(Vangasen)

कदल्यादिक्षारतैलम्–

कदलीतिलनालानां क्षारेण क्षुरकस्य च । पीतं तैलं जयेन्नृणां प्लीहानं कफवातजम् ।।२३४।।

234. Kadalyādi kṣāra Tailam:

Ingredients: *Mūrcchita tila* oil, *kṣāra* (alkali preparation) of *kadalī* and stems of *tila* and *kṣuraka*.

Process of Drug-Making: Get *mūrcchita tila* oil (750 ml.) cooked along with the *kṣāra* (alkali preparation) of *kadalī*, stems of *tila* and *kṣuraka*. Each taken in measure of 80 gm.

Dosage: 6-12 gm. along with warm milk.

Therapeutic benefits: Intake of this oil cures spleen related enlargement caused by *kapha* as well as *vāta*.

(Vangasen)

रोहीतकारिष्टः–

रोहीतकतुलामेकाञ्चतुर्द्रोणे जले पचेत् । पादशेषे रसे पूते शीते पलशतद्वयम् ।।२३५।।
दद्याद्गुडस्यधातक्याःपलषोडशिका मता । पञ्चकोलं त्रिजातञ्च त्रिफलाञ्च विनिक्षिपेत् ।।२३६।।
चूर्णयित्वा पलांशेन ततो भाण्डे निधापयेत् । मासादूर्ध्वञ्च पिबतां सर्वोदररुजां जयेत् ।।२३७।।
प्लीहगुल्मोदराष्ठीलाग्रहण्यर्शांसि कामलाम् । कुष्ठशोथरुचिहरो रोहीतारिष्टसंज्ञितः ।।२३८।।

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235-238. Rohītaka Ariṣṭa:

Ingredients: Bark of *rohītaka*, water, raw sugar, powder of *dhātakī* flowers, *pippalī*, *pippalīmūla*, *cavya*, bark of *citraka*, dried ginger, cinnamon bark, cardamom, cassia leaves, *haraḍa*, *vibhītaka* and *āmalakī*.

Process of Drug-Making: Decoct bark of *rohītaka* (5 kg.) in 52 litre water until the original quantity is reduced to one fourth. Cool the decoction and filter it. Add to it 10 kg. of raw sugar, 750 gm. of powder of *dhātakī* flowers along with 50 gm. each of *pippalī*, *pippalīmūla*, *cavya*, bark of *citraka*, dried ginger, cinnamon bark, cardamom, cassia leaves, *haraḍa*, *vibhītaka* and *āmalakī*. Collect the same in a pitcher that has been coated with *ghṛitam*. Cover the mouth of the pitcher with cloth and put another small pitcher or any suitable vessel inverted on its mouth. Closely tie both the pitchers with a piece of cloth that has been treated with mud. Following this, leave the pitchers for one month. After one month, take out the compound and sieve the same. Store the compound in an earthenware or in a glass jar.

Method of use/Administration: This *Rohītakaāriṣṭa* is to be taken in doses of 12-25 ml. along with equal amount of water, after taking evening meals.

Therapeutic benefits: This medicine is very much helpful in providing relief from all types of problems related to gastro intestinal tract, enlargement of spleen, *gulma*, stomach, enlargement of *aṣṭhilā*, *sangrahaṇī*, *arśa*, jaundice, *kuṣṭha*, *śotha* and *aruci*.

(Gadanigraha)

यकृत्प्लीहरोगयोः पथ्यापथ्यम्–

यत्पथ्यं यदपथ्यं चोदरे प्रोक्तं भिषग्वरैः । तदेव यकृति प्लीह्नि गदे ज्ञेयं विनिश्चतम् ।।२३९।।

239. The measures and products that have been considered as beneficial and harmful in the treatment of problems of gastrointestinal tract could be applied in the treatment of both spleen and liver problems.

इतिभैषज्यरत्नावल्यांप्लीहयकृद्रोगचिकित्साप्रकरणम् ।।४१।।

इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायांप्लीहयकृद्रोगचिकित्साप्रकरणम् ।।४१।।

End of the Chapter 41 of Bhaiṣajya Ratnāvalī with Commentary

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अथ शोथरोगचिकित्साप्रकरणम् ४२

Chapter 42
Śotha Roga

Signs and Symptoms:

Accumulation of fluid in the skin and subcutaneous tissues is known as *Śotha*. Pitton pressure, edema, heaviness in the body, horripilation, discolouration of the skin, are the general signs and symptoms of *Śotha*. Its common varieties are as follows:

Vātaja Śotha: This type of edema is caused by the diminished pumping power of the heart. The edema first appears on the feet, and increases during the day and tends to subside in the night. On pressing, the skin is depressed but immediately after releasing the pressure, regains its position.

Pittaja Śotha: The edema due to the derangement of *yakṛita* (liver) is known as *pittaja śotha*. It first appears on the abdomen and then gradually spreads up.

Kaphaja Śotha: Edema caused by the impaired function of kidneys is known as *kaphaja śotha*. It first appears in the pits of the eyes and later spread to other parts of the body.

सर्वशोथे क्रियाक्रमः–

लङ्घनं पाचनं शोथे शिरःकायविरेचनम् । वमनं च यथासत्त्वं यथोदोषं प्रकल्पयेत् ।।१।।

1. In cases of *śotha*, the patient should be first diagnosed and then depending upon the concentration of *doṣa* and strength of the patient, he should be treated with therapies like *langhaṇa* (fasting), *pācana*, *śiro virecana* and *vamana* etc.

वातादिशोथे क्रमः–

स्नेहोऽथ वातिके शोथे बद्धविट्के निरूहणम् । पयो घृतं पैत्तिके तु कफजे रूक्षणक्रमः ।।२।।

2. In cases of *vātika śotha* one should be treated with *snehapana*, in constipation generated *śotha* the patient should be treated through *niruhaṇa basti* therapy, with milk and in *pitta* generated *śotha* the patient should be treated through *ghṛitapāna* and in cases of *kaphaja śotha* he should be treated through *rūkṣaṇa* therapy.

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विभिन्नशोथोपक्रमः–

अथामजंलङ्घनपाचनक्रमैर्विशौधनैरुल्वणदोषमादितः । शिरोगतं
शीर्षविरेचनैरधोविरेचनैरूर्ध्वहरैस्तथोर्ध्वगम् ।।
उपाचरेत्स्नेहभवं विरूक्षणैः प्रकल्पयेत्स्नेहविधिं च रूक्षिते ।।३।।

3. In cases of *āmaja* (*apakvadoṣayukta*) *śotha*, one is to be treated with *langhaṇa* (fasting) and *pācana* therapies. Similarly, in cases of *atipravṛidh doṣa yukta śotha*, *vamana*, *virecana* and similar therapies should be used. Whereas, in *śirogata śotha* one should perform *śiro virecana* through nose, in *adhogata śotha*, one should administer *virecana*; the *vamana* therapy should be administered in cases of *urdhavagata śotha;* likewise the *rūkṣaṇa* therapy should be administered in cases of *śotha* generated by excessive intake of *sneha* while the *snighdha* therapy should be administered in cases of *rukṣtājanya śotha*.

(Caraka)

शुण्ट्यादिक्वाथः (च. द.)–

शुण्ठीपुनर्नवैरण्डपञ्चमूलशृतं जलम् । वातिके श्वयथौ शस्तं पानाहारपरिग्रहे ।।४।।

4. The decoction of *śunṭhī*, *punarnavā*, *eraṇḍa* and *pañcamūla* is useful for being used in food and drinks by a patient suffering from *vātika* type of edema.

(Cakradatt)

दशमूलक्वाथः (शोथे) (च. द.)–

दशमूल सदा शस्तं वातशोथे विशेषतः ।।५।।

5. Daśamūla Kvātha:

Decoction of *daśamūla* is useful in all types of edema especially in *vātika* type of edema.

(Cakradatt)

एरण्डतैलप्रयोगः (वातशोथे)–

वातजे तैलमैरण्डं विड्ग्रहे पयसा पिबेत् ।।६।।

6. If there is a *vibandha* in cases of *vātika śotha*, one should drink lukewarm milk containing *eraṇḍa* oil measuring 24 gm..

(Cakradatt)

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पैत्तिकशोथचिकित्सा (च. द.)–

क्षीराशनः पित्तकृतेऽथ शोथे त्रिवृद्गुडूचीत्रिफलाकषायम् ।
पिबेद् गवां मूत्रविमिश्रितं वाफलत्रिकाच्चूर्णमथाक्षमात्रम् ।।७।।

7. Intake of the decoction of *tṛivṛit*, *guḍūcī* and *triphalā* and milk preparations as food is useful in *paittika* type of edema. Such a patient should also use 12 gm. of *triphalā* powder along with cow's urine.

Coarsely powder all of them in measure of 25 gm. and decoct the mix in water measuring 400 ml. till it is reduced to one fourth.

(Cakradatt)

पृश्निपर्ण्यादिक्वाथः (च. द.)–

पृश्निपर्णी घनोदीच्यशुण्ठीसिद्धं तु पैत्तिके ।।८।।

8. Pṛiśniparṇyādi Kvātha:

Ingredients: *Pṛiśniparṇī*, *mustā*, *sugandhabālā* and dried ginger.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts.

Therapeutic benefits: Dinking of this decoction cures *pitta* generated *śotha*.

(Cakradatt)

गोमूत्रादिप्रयोगौ–

गोमूत्रस्य प्रयोगो वा शीघ्रं श्वयथुनाशनम् । यवागूर्मानकन्दं च प्रायशश्चातिशोथजित् ।।९।।

9. Daily drinking cow urine and consuming *yavāgū* obtained from *śothaghna dravya* as *pathya* (recommended diet) helps in curing *śotha*. Similarly consuming *mānakanda* daily also cures *śotha* disease.

सिंहास्यादिक्वाथः (च. द.)–

सिंहास्यामृतभण्टाकीक्वाथंकृत्वासमाक्षिकम् । पीत्वाशोथंजयेज्जन्तुःश्वासंकासंज्वरंवमिम्।।१०।।

10. Sinhāsyādi Kvātha:

Ingredients: *Vāsa*, *amṛitā* and *bhanṭākī*.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts. Coarsely powder all of them in measure of 25 gm. and decoct the mix in water measuring 400 ml. till it is reduced to one fourth.

Method of use/Administration: Drink this decoction in doses of 50 ml. along with honey.

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Therapeutic benefits: It cures edema, *kāsa* (coughs), asthma, fever and vomiting.

(Cakradatt)

अभयादिक्वाथः (च. द.)–

अभया दारु मधुकं तिक्ता दन्ती सपिप्पली । पटोलं चन्दनं दार्वी त्रायमाणेन्द्रवारुणी ।।
एषां क्वाथः ससर्पिष्कः श्वयथुज्वरदाहहा । विसर्पतृष्णासन्तापसंनिपातविषापहा ।।११।।

11. Abhayādi Kvātha:

Ingredients: *Abhayā*, *devadāru*, *madhuka*, *tikta*, *dantī*, *pippalī*, *paṭola*, *candana*, *dārvī*, *trāyamāṇā* and *indravāruṇī*.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts. Coarsely powder all of them in measure of 25 gm. and decoct the mix in water measuring 400 ml. till it is reduced to one fourth.

Method of use/Administration: Consume the decoction in doses of 50 ml. along with *ghṛitam*.

Therapeutic benefits: It cures edema, fever, burning sensation, *visarpa* (erysipelas), thirst, burning sensation, *sannipātika* types of diseases and poisoning.

(Cakradatt)

अभ्यङ्गादिप्रयोगः (च. द.)–

शीतवीर्यैर्हिमजलैरभ्यङ्गादीश्च कारयेत् ।।१२।।

12. Taking massage and bathing with decoction of herbs belonging to the *kākolya* group of herbs, having cold properties and with cold water, helps one to get relief from *pitta* generated *śotha*.

(Cakradatt)

पुनर्नवाष्टकः (च. द.)–

पुनर्नवानिम्बपटोलशुण्ठीतिक्ताऽमृतादार्वभयाकषायः ।
सर्वाङ्गशोथोदरपार्श्वशूलश्वासान्वितं पांडुगदं निहंति ।।१३।।

13. Punarnavāṣṭaka:

Ingredients: *Punarnavā*, *nimba* (barks), *paṭola* (leaves), dried ginger, *kuṭakī*, *amṛitā*, *devadāru* and *abhayā*.

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Process of Drug-Making: This is a decoction-based formula. All the ingredients should be taken in equal parts. Coarsely powder all of them in measure of 25 gm. and decoct the mix in water measuring 400 ml. till it is reduced to one fourth.

Therapeutic benefits: This decoction removes *śotha* of the entire body, problems related to gastro intestinal tract, *pārśvaśūla*, bronchitis and anemia.

(Cakradatt)

पुनर्नवादिः कल्कः क्वाथश्च (च. द.)–

पुनर्नवाविश्वत्रिवृद्गुडूचीशम्पाकपथ्याऽमरदारुकल्कम् ।
शोथे कफोत्थे महिषाक्षयुक्तंमूत्रं पिबेद्वा सलिलं तथैषाम् ।।१४।।

14. Punarnavādi Kvātha and Kalka:

The *kalka* or decoction of *punarnavā*, *viśvā*, *tṛivṛit*, *guḍūcī*, *śampāka*, *pathyā* and *devadāru* mixed with *guggulu* and cow's urine is useful in *kaphaja* edema.

Coarsely powder all of them in measure of 25 gm. and decoct the mix in water measuring 400 ml. till it is reduced to one fourth.

(Cakradatt)

कफजशोथे लेपः (च. द.)–

कफेतुकृष्णा सिकतापुराणपिण्याकशिग्रुत्वगुमाप्रलेपः ।
कुलत्थशुण्ठीजलमूत्रसेकश्चण्डागुरुभ्यामनुलेपनं च ।।१५।।

15. For *kaphaja* edema, be *kalka* of *pippalī*, sand, old oil-cake, bask of *śigru* and *gumā* should be applied externally. Similarly, water or cow's urine boiled with *kulattha* and *śunṭhī* should be used for sprinkling, and the paste of *candana* and *aguru* should be applied externally.

(Cakradatt)

पटोलादिक्वाथः (भा. प्र.)–

पटोलत्रिफलाऽरिष्टदार्वीक्वाथः सगुग्गुलुः । ज्येत्पित्तयुतं शोथं हन्ति श्लेष्मोद्भवं तथा ।।१६।।

16. Paṭolādi Kvātha:

Ingredients: *Parvar*, *haraḍa*, *vibhītaka*, *āmalakī*, *neem* and *dāruharidrā*.

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Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts. Coarsely powder all of them in measure of 25 gm. and decoct the mix in water measuring 400 ml. till it is reduced to one fourth.

Method of use/Administration: Add 500 mg. to 1 gm. of *guggulu* to the decoction and serve it for drinking.

Therapeutic benefits: Such decoction is very much helpful in alleviating *pitta* and *śleṣma* generated *śotha*.

(*Bhāvaprakāśa*)

अजाज्यादिचूर्णं त्रिदोषजशोथे (च.)

अजाजिपाठाघनपञ्चकोलव्याघ्रीरजन्यः सुखतोयपीताः ।
शोथं त्रिदोषं चिरजं प्रवृद्धंनिघ्नन्ति भूनिम्बमहोषधे च ।।१७।।

17. Intake of the lukewarm decoction of *ajājī*, *pāṭhā*, *ghana*, *pañcakola*, *vyāghrī* and *rajanī* cures serious and chronic edema caused by *sannipāta* (simultaneous vitiation of all the three *doṣas*). The decoction of *bhūnimba* and *mahauṣadha* has similar effect.

गुडार्द्रकादिप्रयोगाः (च. द.)–

गुडार्द्रकं वा गुडनागरं वा गुडाभयां वा गुडपिप्पलीं वा ।
कर्षाभिवृद्ध्या त्रिपलप्रमाणं खादेन्नरः पक्षमथापि मासम् ।।१८।।
शोथप्रतिश्यायगलास्यरोगान् सश्वासकासारुचिपीनसादीन् ।
जीर्णज्वराशोंग्रहणीविकारान् हन्यात्तथाऽन्यान् कफवातरोगान् ।।१९।।

18-19. Intake of jaggery with green ginger, or jaggery with dry ginger, or jaggery with *abhayā* or jaggery with *pippalī* in a dose of 144 gm. and increased by 12 gm. every day for a fortnight or for a month cures edema, fever, piles, *grahaṇī* (sprue syndrome) and other diseases caused by *kapha* and *vāta*.

(Cakradatt)

पुनर्नवादियोगः (यो. र.)–

पुनर्नवामूलकपित्थदारुच्छिन्नोद्भवाचित्रकमूलसिद्धाः ।
रसा यवाग्वश्च पयांसि यूषाः शोथे प्रदेया दशमूलगर्भाः ।।२०।।

20. Punarnavādi Yoga:

Meat soup, *yavāgū* (thick gruel), milk or vegetable soup prepared along with the decoction or powder of *punarnavā*, *devadāru*, root of *kapittha*, *cinnodbhava*

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and root of *citraka* or prepared along with the decoction of *daśamūla* should be administered to the patient suffering from edema.

Coarsely powder all of them in measure of 25 gm. and decoct the mix in water measuring 400 ml. till it is reduced to one half.

(*Yoga Ratnākar*)

आर्द्रकस्वरसप्रयोगः (च. द.)–

आर्दकस्य रसः पीतः पुराणगुडमिश्रितः । अजाक्षीराशिनां शीघ्रं सर्वशोथहरो भवेत् ।।२१।।

21. Intake of ginger juice (10 ml.) and jaggery (20 gm.) along with goat's milk as food quickly cures all types of edema.

(Cakradatt)

गुग्गुलुप्रयोगः (च. द.)–

पुनर्नवादारुशुण्ठीक्वाथे मूत्रे च केवले । दशमूलरसे वाऽपि गुग्गुलुः शोथनाशनः ।।२२।।

22. Intake of the decoction (50 ml.) of *punarnavā*, *devadāru* and *śunṭhī* along with cow's urine (12 ml.) or the decoction alone or the decoction (50 ml.) of *daśamūla* along with *guggulu* (1 gm.) cures edema.

(Cakradatt)

शोथघ्नाश्चत्वारः प्रयोगाः (च. द.)–

पुरो मूत्रेणसेव्येतपिप्पलीवापयोऽन्विता । गुडेन वाऽभया तुल्या विश्वं वा शोथरोगिणाम् ।।२३।।

23. The patient suffering from edema should take *guggulu* (1 gm.) along with cow's urine (50 ml.) or *pippalī* (1 gm.) along with milk or *abhayā* (5 gm.) along with jaggery or *śunṭhī* (5 gm.) along with jaggery(5 gm.).

(Cakradatt)

गुडपिप्पल्यादि चूर्णम् (च. द.)–

गुडपिप्पलिशुण्ठीनां चूर्ण श्वयथुनाशनम् । आमाजीर्णप्रशमनं शूलघ्नं बस्तिशोधनम् ।।२४।।

24. Guḍapippalīādi Cūrṇam:

Ingredients: Powders of jaggery, *pippalī* and *śunṭhī*.

Process of Drug-Making: This is a powder-based formula involving all the ingredients. Prepare a syrup by taking the powder of jaggery (100 gm.), *pippalī* (25 gm.) and *śunṭhī* (25 gm.).

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Dosage: 5 gm. twice a day.

Therapeutic benefits: This cures edema, *āma* (undigested product of food), indigestion and colic pain. It also cleanses the urinary bladder.

(Cakradatt)

दार्वादिकल्कौ (च. द.)–

दारुगुग्गुलुशुण्ठीनांकल्कोमूत्रेणशोथजित् । वर्षाभूशृङ्गबेराभ्यां कल्को वा सर्वशोथजित् ।।२५।।

25. Darvādi Kalka:

Ingredients: *Devadāru*, *guggulu* and *śunṭhī*.

Process of Drug-Making: Get the *kalka* of *devadāru*, *guggulu* and *śunṭhī* (each taken in measure of 1 gm.).

Method of use/ Administration and Therapeutic benefits: Take the *kalka* along with cow's urine (50 ml.) cures edema. Similarly, the *kalka* of *varṣābhū* and *śṛīngavera* cures all types of edema.

(Cakradatt)

दार्वादिसिद्धे दुग्धे (च. द.)–

क्षीरं शोथहरं दारुवर्षाभूनागरैः श्रृतम् । पेयं वा चित्रकव्योषत्रिवृद्दारुप्रसाधितम् ।।२६।।

26. Intake of the milk boiled with *devadāru*, *varṣābhū* and *nāgara* or the milk boiled with *citraka*, *vyoṣa*, *ṭrivṛit* and *devadāru* cures edema.

(Cakradatt)

त्रिफलादिक्वाथः–

फलत्रिकोद्भवं क्वाथं गोमूत्रेणैवसाधितम् । वातश्लेष्मोद्भवं शोथं हन्याद् वृषणसम्भवम् ।।२७।।

27. Ṭriphalādi Kvātha:

Ingredients: *Ṭriphalā* herbs and water.

Process of Drug-Making: Prepare decoction of *ṭriphalā* herbs measuring 25 gm. in 400ml. of water. Decoct the same until its original quantity is reduced to one fourth. Strain the decoction.

Method of use/Administration: Drink this decoction by adding or without adding honey to it.

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Therapeutic benefits: This drink is helpful in providing relief from *vāta-śleṣma śotha* and *vṛiṣana śotha.*

पथ्यादिक्वाथः–

पथ्यानिशाभार्ग्यमृताऽग्निदार्व्वीपुनर्नवादारुमहौषधानाम् ।
क्वाथः प्रसह्योदरपाणिपादमुखाश्रितं हन्त्यचिरेण शोथम् ।।२८।।

28. Pathyādi Kvāṭha:

Ingredients: *Pathyā*, *amṛitā*, *bhārgī*, *punarnavā*, *agni*, *dāru haridrā*, *haridrā*, *devadāru* and *śunṭhī.*

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts. Coarsely powder all of them in measure of 25 gm. and decoct the mix in water measuring 400 ml. till it is reduced to one fourth.

Therapeutic benefits: It cures edema affecting abdomen, hands, legs and face.

(Cakradatt)

पुनर्नवादशकक्वाथः–

पूनर्नवा मगधजा च कटुत्रयं च निम्बोऽभया च कटुका च पटोलदार्वी ।
क्वाथः सुखोष्ण उदितस्तु विपाचनेन शोथो जहाति जठरस्य नरस्य शीघ्रम् ।।२९।।

29. Punarnavādaśaka Kvāṭha:

Ingredients: *Punarnavā*, *pippalī*, dried ginger, *marica*, bark of *neem*, *haraḍa*, *kaṭukī*, *paṭola* and *dāruharidrā.*

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts. Coarsely powder all of them in measure of 25 gm. and decoct the mix in water measuring 400 ml. till it is reduced to one fourth.

Method of use/Administration: Drink the same while it is warm.

Therapeutic benefits: It helps in alleviating *śotha* of stomach.

शोथहरो योगः–

निम्बपत्ररसं पातुं सोषणं श्वयथौ त्रिजे । विट्सङ्गे चैव दुर्नाम्नि विदध्यात् कामलासु च ।।३०।।

30. Juice (12 ml.) of the leaf of *bilva* taken with 1 gm. of *marica* powder has drying effect. It is useful in *sannipātika* type of edema, constipation, piles and jaundice.

(Cakradatt)

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सर्वाङ्गशोथे प्रयोगः–

भूनिम्बचूर्णंविश्वंजग्ध्वापेयःपुनर्नवाक्वाथः । अपहरतिनियतमाशुशोथं सार्वाङ्गिकं नृणाम् ।।३१।।

31. Intake of the *kalka* of *bhūnimba* and *devadāru* along with the decoction of *punarnavā* cures general edema.

(Cakradatt)

कोकिलाक्षभस्मप्रयोगः–

शोथनुत्कोकिलाक्षस्य भस्म मूत्रेण वाऽम्भसा ।।३२।।

32. Similarly, the ash of *kokilākṣa* (1-2 gm.) along with cow's urine or water (50 ml.) cures edema.

(Cakradatt)

स्थलपद्मकल्कप्रयोगः–

स्थलपद्मभवं कल्कं पयसाऽऽलोड्य पाययेत् । प्लीहामयहरञ्चैव सर्वाङ्गैकाङ्गशोथजित् ।।३३।।

33. Intake of the *kalka* of *sthalapadma* (10 gm.) by boiling it along with milk cures spleen related enlargement and edema in any part of the body or in the whole body.

(Cakradatt)

पुनर्नवादिपुटस्वेदः–

पुनर्नवा निम्बपत्रं निष्पावपारिभद्रके । एतैश्च पुटसंस्वेदः शोथं हन्ति सुदारुणम् ।।३४।।

34. Take equal parts of *punarnavā*, *nimba patra*, *rājaśimbi* and *pāribhadra*. Ground them together and prepare a round shaped lump from their *kalka*. Wrap the lump with wet cloth and coat it with the mud. Following this, heat up the lump through the *puṭa pāka* process. Obtain the *kalka* thus processed and apply the *svedana* therapy with this *kalka* on *śotha* affected parts. It helps in curing *śotha*.

अपामार्गादिपुटस्वेदः–

अपामार्गः कोकिलाक्षो निर्गुण्डीविजया तथा । एतैरपि पुटस्वेदः शोथं हन्ति सुदारुणम् ।।३५।।

35. Obtain *pañcānga* of *apāmārga*, *kokilākṣa*, *nirgundī* leaves and *vijayā* (20 gm. each). Ground them together and prepare a round shaped lump from their *kalka*. Wrap the lump with a piece of cloth that has been treated with mud. Following this, process this lump in fire through the *puṭa pāka* process. Take the

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processed *kalka* and perform *svedana* therapy with this *kalka* on the *śotha*-affected parts. It helps in curing difficult cases of *śotha*.

पुनर्नवादिचूर्णम्–

पुनर्नवा दार्व्वभया पाठा बिल्वं श्वदंष्ट्रिका ।
बृहत्यौ द्वे रजन्यौ द्वे पिप्पल्यौ चित्रकं वृषः । समभागानि सञ्चूर्ण्य गवां मूत्रेण वा पिबेत् ।।
बहुप्रकारं श्वयथुं सर्वगात्रविसारिणम् । हन्ति शोथोदराण्यष्टौ व्रणांश्चैवोद्धतानापि ।।३६।।

36. Punarnavādi Cūrṇam:

Ingredients: *Punarnavā*, *devadāru*, *haraḍa*, *pāṭhā*, pulp of ripe *bilva* fruit, *gokṣura*, root of smaller *kaṇṭakārī*, *haridrā*, *dāruharidrā*, *pippalī*, *gajapippalī*, bark of *citraka*, root of *aḍuṣā* and cow urine.

Process of Drug-Making: Get equal parts of *punarnavā*, *devadāru*, *haraḍa*, *pāṭhā*, pulp of ripe *bilva* fruit, *gokṣura*, root of smaller *kaṇṭakārī*, *haridrā*, *dāruharidrā*, *pippalī*, *gajapippalī*, bark of *citraka* and root of *aḍuṣā*. Compound them into a fine powder. Take 3-4 gm. of this powder and mix it with 50 ml. measure of cow urine.

Therapeutic benefits: Drinking this liquid helps one in curing various diseases like different types of *śotha*, all eight types of problems related to gastro intestinal tract and *vraṇa*, which spread in our body.

(Vangasen)

शोथारिचूर्णम्–

शुष्कमूलमपामार्गस्त्रिकटु त्रिफला तथा । दन्ती च त्रिमदश्चैव प्रत्येकञ्च समं समम् ।।३७।।
भक्षयेत्प्रातरुत्थाय बिल्वपत्ररसेन च । पाण्डुरोगं निहन्त्याशु शोथञ्चैव सुदारुणम् ।।३८।।

37-38. Śothāri Cūrṇam:

Ingredients: Pieces of dried radish, root of *apāmārga*, dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, root of *dantī*, *vāyaviḍanga*, *mustā* and bark of *citraka*.

Process of Drug-Making: Gather equal parts of the following: pieces of dried radish, root of *apāmārga*, dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, root of *dantī*, *vāyaviḍanga*, *mustā* and bark of *citraka*. Ground them into a fine powder.

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Method of use/Administration: Take 1-3 gm. of this powder and consume it with juice of *bilva* leaves measuring 25 ml.

Therapeutic benefits: This drink helps one from getting relief from *pāṇḍu roga* and severe cases of *śotha*.

पुनर्नवादिलेहः–

पुनर्नवामृतादारुदशमूलरसाढके । आर्द्रकस्वरसप्रस्थे गुडस्य च तुलां पचेत् ।।३९।।
तत्सिद्धंव्योषपत्रैलात्वक्चव्यैःकार्षिकैःपृथक् । चूर्णीकृतैःक्षिपेच्छीतेमधुनः कुडवं लिहेत् ।।४०।।
लेहः पौनर्नवो नाम शोथशूलनिषूदनः । कासश्वासारुचिहरो बलवर्णाग्निवर्द्धनः ।।४१।।

39-41. Punarnavā Leha:

Ingredients: Decoction of *punarnavā*, *amṛitā*, *devadāru* and *daśamūla*, ginger juice, jaggery, *vyoṣa*, *patra*, *elā*, *tvak*, *cavya* and honey.

Process of Drug-Making: Get 230 gm. of the decoction of *punarnavā*, *amṛitā*, *devadāru* and *daśamūla* (each taken in equal parts), 12 gm. of ginger juice and 4670 gm. of jaggery. Cook the preparation. After cooking, add and mix into it 12 gm. each of the powder of *vyoṣa*, *patra*, *elā*, *tvak* and *cavya* and one *kuḍava* (192 gm.) of honey.

Dosage: 6-12 gm. along with warm milk.

Therapeutic benefits: This is called *Punarnavā Leha*. It cures edema, colic pain, dysponea, *kāsa* (coughs) and anorexia. This promotes strength, complexion and the power of digestion.

(Vangasen)

पुनर्नवादिलेपः (यो. र.)–

पुनर्नवादारुशुण्ठीसिद्धार्थशिग्रुमेव च । पिष्ट्व चैवारनालेन प्रलेपः सर्वशोथजित् ।।४२।।

42. Punarnavādi Lepa:

External application of the *kalka* of *punarnavā*, *devadāru*, *śunṭhī*, *siddhārtha* and *śigru* along with *aranāla* (a type of vinegar) cures all types of edema.

(*Yoga Ratnākar*)

आगन्तुजशोथचिकित्सा (भा. प्र.)–

शोथेत्वागन्तुजेकुर्य्यात्सेकलेपादिशीतलम् । भल्लातक्याहरेच्छोथं सतिला कृष्णमृत्तिका ।।४३।।

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43. In cases where *śotha* is caused due to injury or due to wounds caused from weapons or due to any external product which is having extreme cold or extreme hot effects and those having low and high poisonous effects, the patient is to be treated with *svedana* (fomentation) and ointments which could suppress the burning sensation. In such cases, one can also apply the *kalka* prepared b`y grounding sesame seeds and black soil on the *śotha* effected body- parts. With such medication one gets relief from *bhallātaka* generated *śotha*.

(*Bhāvaprakāśa*)

भल्लातजशोथहरा योगाः (भा. प्र.)–

महिषीक्षीरसंपिष्टैर्नवनीतसमन्वितैः । तिलैर्लिप्तः शमं याति शोथो भल्लातकोत्थितः ।।४४।।
यष्टिदुग्धतिलैर्लेपो नवनीतेन संयुतः । शोथमारुष्करं हन्ति चूर्णैः शालदलस्य च ।।४५।।

44-45. Bhallātajaśothaāhara Yoga:

Ingredients: Sesame, milk, butter and *madhuyaṣṭī*.

Process of Drug-Making: Prepare *kalka* of sesame by grounding them in milk and add some butter to it. Or, prepare *kalka* of *madhuyaṣṭī* and sesame by grounding them in milk and adding some butter.

Method of use/ Administration and Therapeutic benefits: Applying either of the *kalka* on the part of the body affected by the *bhallātaka* generated *śotha*,it should be followed by the application of *kalka* of *śālapatra* to alleviate one from the disease of *bhallātaka* generated *śotha*.

(*Bhāvaprakāśa*)

क्षारादिगुडिका (च. द.)–

क्षारद्वयं स्याल्लवणानि चत्वार्ययोरजोव्योषफलत्रिके च ।
सपिप्पलीमूलविडङ्गसारंमुस्ताजमोदामरदारुबिल्वम् ।।४६।।
कलिङ्गकश्चित्रकमूलपाठेयष्ट्याह्वयंसातिविषंपलांशम् ।
सहिङ्गुकर्षंतनुशुष्कचूर्णंद्रोणंतथामूलकशुण्ठकानाम् ।।४७।।
स्याद्धस्मनस्तत्सलिलेनसाध्यमालोड्य यावद्घनमप्यदग्धम् ।
स्त्यानं ततः कोलसमां च मात्रां कृत्वा सुशुष्कां विधिना प्रयुञ्ज्यात् ।।४८।।
प्लीहोदरश्वित्रहलीमकार्शःपाण्ड्वामयारोचकशोथशोषान् ।
विसूचिकागुल्मगराश्मरीश्च सश्वासकासान् प्रणुदेत् सकुष्ठान् ।।४९।।
सौवर्चलं सैन्धवं च विडमौद्भिदमेव च । चतुर्लवणमत्र स्याज्जलमष्टगुणं भवेत् ।।५०।।

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46-50. Kṣārādi Guḍikā:

Ingredients: *Svarjikṣāra*, *yavakṣāra*, *sauvarcala*, rock salt, *viḍa*, *audbhida lavaṇa*, *lauha bhasma*, *vyoṣa*, *triphalā*, *pippalīmūla*, *viḍanga* (dehusked), *mustā*, *ajamodā*, *devadāru*, *bilva*, *kalingaka*, root of *citraka*, *pāṭhā*, *yaṣṭi*, *ativiṣā*, *hingu*, ash of *mūlakal*, *śunṭhī* and water.

Process of Drug-Making: Obtain 50 gm. each of *svarjikṣāra*, *yavakṣāra*, *sauvarcala*, rock salt, *viḍa*, *audbhida lavaṇa*, *lauha bhasma*, *vyoṣa*, *triphalā*, *pippalīmūla*, *viḍanga* (dehusked), *mustā*, *ajamodā*, *devadāru*, *bilva*, *kalingaka*, root of *citraka*, *pāṭhā*, *yaṣṭi*, *ativiṣā* and 12 gm. of *hingu*. Compound them together into a powder. Add to this, 13 kg. of the ash of *mūlaka* and *śunṭhī* and eight times of water. Cook the preparation till it becomes semi-solid but does not let it get burnt. Prepare pills measuring 1 gm. each and dry.

Dosage: 6 gm.

Therapeutic benefits: Consuming this medicine in accordance to the prescribed procedure cures *plīhodaru*, *śvitra* (leucoderma), *halīmaka* (a serious type of jaundice), piles, anemia, anorexia, edema, consumption, *viṣūcīkā* (choleric diarrhoea), *gulma* (phantom tumour), poisoning, *aśmarī* (stone in the urinary tract), asthma, *kāsa* (cough) and *kuṣṭha* (skin diseases including leprosy).

(Caraka)

त्रिनेत्राख्यो रसः–

टङ्कणं शोधितं गन्धं मृतशुल्वायसं रसम् । दिनैकमार्द्रकद्रावैर्मर्द्यं लघुपुटे पचेत् ।।५१।।
त्रिनेत्राख्यो रसो नाम चासाध्यं श्वयथुं जयेत् । माषमात्रं पिबेच्चानु एरण्डशिखरीरसम् ।।५२।।

51-52. Tṛinetrākhya Rasa:

Ingredients: Purified borax, purified *gandhaka*, *tāmra bhasma*, *lauha bhasma*, purified *pārada* and juice of ginger.

Process of Drug-Making: Obtain equal parts of purified borax, purified *gandhaka*, *tāmra bhasma*, *lauha bhasma* and purified *pārada*. First prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Triturate the mix with juice of ginger for one day and prepare a cake out of the compound. Put this cake in a *śarāva saṁputa* and cook the same through the *laghu puṭa* method. When the *saṁputa* cools down on its own take out the compound and store the same in glass bottle.

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Method of use/Administration: This *Tṛinetrākhya Rasa* is to be taken in doses of 65-125 mg. during morning and evening hours along with honey. After consuming this medicine, one should drink juice or decoction of *eraṇḍa* root and *apāmārga* as *anupāna*.

Therapeutic benefits: This medicine is capable of curing even the difficult cases of *śotha*.

शोथाङ्कुशो रसः–

रसेन्द्रगन्धं मृतलौहताम्रंनागं तथाऽभ्रं समसङ्ख्यकञ्च ।
निर्गुण्डिकास्फोतकपित्थचिञ्चापुनर्नवाश्रीफलकेशराजम् ।।५३।।
एषां रसैर्भावितमेकशश्च कोलप्रमाणा वटिका विधेया ।
शोथज्वरारोचकपाण्डुरोगंसर्वाङ्गशोथं विनिवारयेच्च ।।५४।।
पित्तान्वितं वातभवं कफोत्थाञ्शोथाङ्कुशो नाम निहन्ति रोगान् ।।५५।।

53-55. Śothānkuśa Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma*, *tāmra bhasma*, *nāga bhasma*, *abhraka bhasma*, juices or decoctions of *nirgunḍī* leaves, *āsphoṭā*, *kapittha*, tamarind, *punarnavā*, bark of *bilva* and *keśarāja*.

Process of Drug-Making: Take 10 gm. each of purified *pārada*, purified *gandhaka*, *lauha bhasma*, *tāmra bhasma*, *nāga bhasma* and *abhraka bhasma*. First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Thoroughly triturate the mix and impregnate the mix separately with each of the juices or decoctions of *nirgunḍī* leaves, *āsphoṭā*, *kapittha*, tamarind, *punarnavā*, bark of *bilva* and *keśarāja*. Triturate the mix again and prepare pills in measurement of 125 mg. each. Dry these pills and subsequently store them in a glass jar.

Dosage: 125 mg. to 500 mg.

Therapeutic benefits: This *Śothānkuśa Rasa* is very much helpful in curing *śotha*, fever, *arocaka*, *pāṇḍu roga*, *sarvānga śotha*, diseases generated with the combinations of *pitta* and *vāta* as well as *pitta* and *kapha*.

पञ्चामृतरसः–

शुद्धसूतं समादाय गन्धकं भागतः समम् । त्रिभागं टङ्कणं देयं विषं भागत्रयं तथा ।।५६।।
भागत्रयं तथा देयं मरिचस्य प्रयत्नतः । चूर्णीकृतं जलेनापि पिष्ट्वा रक्तिमितां वटीम् ।।५७।।
शृङ्गबेररसेनैव भक्षयेद्वटिकामिमाम् । जलदोषोद्भवे शोथे घोरेऽत्युग्रे जलोदरे ।।५८।।

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सन्निपातेषु घोरेषु विंशतिश्लैष्मिके गदे । ज्वरातिसारसंयुक्ते शोथे चैव गलग्रहे ।।५९।।
शिरःशूलगदे घोरे नासारोगे सपीनसे । पञ्चामृतरसो ह्येष सर्वरोगोपशान्तिकृत् ।।६०।।

56-60.Pañcāmṛita Rasa:

Ingredients: Purified *pārada*, *gandhaka*, purified *tañkaṇa*, purified *vatsanābha*, black pepper and water.

Process of Drug-Making: Obtain 1 part each of purified *pārada* and *gandhaka* along with 3 parts each of purified *tañkaṇa*, purified *vatsanābha* and black pepper. First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Properly triturate the mix along with water and prepare pills measuring 125 mg. each. Dry these pills and store them in glass bottle.

Method of use/Administration: This *Pañcāmṛita Rasa* is to be taken in doses of one pill along with the ginger juice.

Therapeutic benefits: This medicine is capable of curing water borne *śotha*, 20 types of *kapha* disorders, *śotha* accompanied with *jvarātisāra*, *galagraha*, *śiraha śūla*, nose disorders, *pīnas* and the like.

शोथकालानलो रसः–

चित्रं कुटजबीजञ्च श्रेयसी सैन्धवं तथा । पिप्पली देवपुष्पञ्च जातीफलसटङ्कणम् ।।६१।।
लौहमभ्रं तथा गन्धं पारदेनैव मिश्रितम् । एथेषां कर्षमात्रेण वटीं गुञ्जामितां शुभाम् ।।६२।।
भक्षयेत्प्रातरुत्थाय कोकिलाक्षरसेन तु । ज्वरमष्टविधं हन्ति साध्यासाध्यमथापि वा ।।६३।।
कासं श्वासं तथा शोथं प्लीहानं हन्ति दुस्तरम् । मेहं मन्दानलं शूलं संग्रहग्रहणीं तथा ।।६४।।
अवश्यं नाशयेच्छोथं कर्दमं भास्करो यथा । शोथकालानलो नाम रोगानीकविनाशनः ।।६५।।

61-65. Śothakālānala Rasa:

Ingredients: Powders of bark of *citraka*, *indrayava*, *gajapippalī*, rock salt, *pippalī*, clove, *jātīphala*, *tañkaṇa*, *lauha bhasma*, *abhraka bhasma*, purified *gandhaka* and purified *pārada*.

Process of Drug-Making: Obtain powders of the following in measure of 12 gm. each of the following: bark of *citraka*, *indrayava*, *gajapippalī*, rock salt, *pippalī*, clove, *jātīphala*, *tañkaṇa*, *lauha bhasma*, *abhraka bhasma*, purified *gandhaka* and purified *pārada*. First, prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Triturate the mix with water and prepare pills measuring 125 mg. each. Dry and store them in glass bottle.

Method of use/Administration: This medicine is to be consumed daily during morning hours in doses of one pill along with the decoction of *kokilākṣa*.

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Therapeutic benefits: This medicine is capable of curing one from eight types of fever (*aṣṭavidh jvara*), *kāsa* (coughs), *śvāsa*, *śotha*, difficult *plīhāvṛidhi*, *prameha*, *mandāgni*, *śūla* and *sangrahaṇī*. This *Śothakālānala Rasa* can cure all types of diseases if taken with proper *anupānas*.

(*Dhanavantarī*)

क्षेत्रापालरसः–

हिङ्गुलञ्च विषं ताम्रं लौहं तालञ्च टङ्गणम् । जीरकं चाहिफेनं च समभागं विमर्दयेत् ।।६६।।
यवार्द्धा वटिका कार्या पथ्यं दुग्धौदनं हितम् । अलवणं वारिहीनं दातव्यं भिषजां वरैः ।।६७।।
गुरुशोथं चाग्निमान्द्यं ग्रहणीमतिदुस्तराम् । ज्वरञ्च विषमं जीर्णं नाशयेन्नात्र सशयः ।।६८।।

66-68. Kṣetrapāla Rasa:

Ingredients: Purified *hiñgula*, purified powder of *vatsanābha*, *tāmra bhasma*, *lauha bhasma*, purified *haritāla*, purified *tañkaṇa*, powder cumin seeds, purified *ahiphena* (opium) and milk.

Process of Drug-Making: Obtain equal parts of purified *hiñgula*, purified powder of *vatsanābha*, *tāmra bhasma*, *lauha bhasma*, purified *haritāla*, purified *tañkaṇa*, powder cumin seeds, purified *ahiphena* (opium). Combine these materials together and ground them into a fine powder. Triturate this fine powder with milk for one whole day. Prepare pills similar to the size of half *yava* (barley) and Dry and store them in glass jar.

Method of use/Administration: This medicine is to be taken in doses of 65 mg. to 125 mg. during morning and evening hours along with milk. When feeling hungry, one should consume milk and rice. Salt and water are restricted during this medication period.

Therapeutic benefits: This medicine helps one to get relief from *śotha*, *agnimāndya*, severe *grahaṇī*, *viṣam jvara* and *jīrṇa jvara*.

(*Ras Candānśu*)

कल्पलतावटी–

अमृतं हिङ्गुलं धूर्त्तबीजं द्वादशरक्तिकम् । प्रत्येकमहिफेनञ्च षट्त्रिंशद्रक्तिकं नयेत् ।।६९।।
पिष्ट्वा दुग्धेन गुञ्जैकां वटीं दुग्धेन पाययेत् । दुग्धं पाने भोजने च न देयं लवणं जलम् ।।७०।।
ग्रहणीं चिरकालीनां हन्ति शोथं सुदुर्ज्जयम् । चिरज्वरं पाण्डुरोगं नाम्ना कल्पलता वटी ।।७१।।

69-71. Kalpalatāvaṭī:

Ingredients: Purified *vatsanābha*, *hiñgula*, seeds of *dhatūra*, purified *ahiphena* (opium) and milk.

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Process of Drug-Making: Take 10 gm. each of purified *vatsanābha*, *hiñgula* and seeds of *dhatūra* along with 30 gm. of purified *ahiphena* (opium). Combine them and properly triturate . Triturate the mix again with milk for one whole day. Prepare pills in measurement of 125 mg. each and Dry and store them in glass bottle.

Method of use/Administration: This medicine is to be taken in doses of one pill during every morning along with milk. When feeling hungry, one should consume milk and rice. Salt and water are restricted during this medication period.

Therapeutic benefits: This *Kalpalatā Vaṭī* is capable of checking chronic *sangrahaṇī*, difficult *śotha*, chronic fever and *pāṇḍu roga*.

(*Vaidya Kalpadruma*)

दुग्धवटी–

अमृतं सूर्यगुञ्जं स्यादहिफेनं तथैव च । पञ्चरक्तिकलौहञ्च षष्टिरक्तिकमभ्रकम् ।।७२।।
दुग्धैर्गुञ्जाद्वयमिता वटी कार्या भिषग्विदा । दुग्धानुपानं दुग्धैश्च भोजनं सर्वथा हितम् ।।७३।।
शोथं नानाविधं हन्ति ग्रहणीं विषमज्वरम् । मन्दाग्नि पाण्डुरोगञ्च नाम्ना दुग्धवटी परा ।
वर्जयेल्लवणं वारि व्याधिनिःशेषतावधि ।।७४।।

72-74. Dugdha Vaṭī:

Ingredients: Purified *vatsanābha*, purified *ahiphena* (opium), *lauha bhasma*, *abhraka bhasma* and milk.

Process of Drug-Making: Take 12 gm. each of purified *vatsanābha* and purified *ahiphena* (opium) along with 5 gm. of *lauha bhasma* and 60 gm. of *abhraka bhasma*. Collect al these materials in a mortar and triturate them along with milk. Prepare pills in measurement of 125 mg. each. Dry these pills and store them in a glass bottle.

Method of use/Administration: This medicine is to be consumed in doses of one pill each during morning and evening hours along with milk. When feeling hungry, one should consume milk and rice.

Therapeutic benefits: This pill is very much helpful in curing various types of *śotha*, *grahaṇī*, *viṣam jvara*, *mandāgni* and *pāṇḍu roga*. During its medication period, until the patient gets cured, one should avoid consuming salt and water.

दुग्धवटी (द्वितीया)

अमृतं धूर्त्तबीजञ्च हिङ्गुलञ्च समं समम् । धूर्त्तपत्ररसेनैव मर्दयेद्याममात्रकम् ।।७५।।

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मुद्गोपमां वटीं कृत्वा दुग्धेन सह पाययेत् । दुग्धेन भोजयेदन्नं वर्जयेल्लवणं जलम् ।।७६।।
शोथं नानार्थविधं हन्ति पाण्डुरोगं सकामलम् । सेयं दुग्धवटी नाम्ना गोपनीया प्रयत्नतः ।।७७।।

75-77. Dugdha Vaṭī (Second Recipe):

Ingredients: Purified *vatsanābha*, purified *dhatūra* seeds, purified *hiñgula* and juices of *dhatūra* leaves.

Process of Drug-Making: Obtain purified *vatsanābha*, purified *dhatūra* seeds and purified *hiñgula* in equal parts. Triturate all these materials together. Subsequently, triturate the mix along with juices of *dhatūra* leaves for one *prahara* (three hours). Finally, prepare pills similar measuring 60 mg. each. Dry these pills andstore them in glass bottle.

Method of use/Administration: This medicine is to be taken during morning and evening hours in doses of one pill each along with milk. If feeling hungry, one should take milk and rice. Similarly, during the medication period one should avoid consuming salt and water.

Therapeutic benefits: This medicine cures various types of *śotha*, *pāṇḍu roga* and jaundice. This is a unique recipe.

(*Vaidya Kalpadruma*)

क्षीरवटी–
गृहीत्वा दरदात् कर्षं तदर्द्धं देवपुष्पकम् । फणिफेनं विषं जातीफलं धुस्तूरबीजकम् ।।
सम्मर्द्य विजयाद्रावैर्मुद्गमात्रां वटीं चरेत् ।।७८।।
अनुपानं प्रदातव्यं शोथे क्षीरं भिषग्वरैः । ग्रहण्यां विजयाक्वाथं पथ्यं दुग्धान्नमेव हि ।।७९।।
जलञ्च लवणं चापि वर्जनीयं विशेषतः । प्रबलायामुदन्यायां सलिलं नारिकेलजम् ।।८०।।
पातव्यं वटिका चैषा शोथं हन्ति न संशयः । ग्रहणीमतिसारञ्च ज्वरं जीर्णं निहन्ति च ।।८१।।

78-81. Kṣīra Vaṭī:

Ingredients: Purified *hiñgula*, clove powder, purified *ahiphena* (opium), purified *vatsanābha*, seed powders of *jātīphala*, *dhatūra* and decoction of *vijayā*.

Process of Drug-Making: Obtain the following: 12 gm. measure of purified *hiñgula*, 6 gm. measure each of clove powder, purified *ahiphena* (opium), purified *vatsanābha* and seed powders of *jātīphala* and *dhatūra*. Compound them together into a fine powder. Impregnate the powder with decoction of *vijayā* and triturate the mix again. Prepare pills similar measuring 60 mg. each and dry and store them in a glass jar.

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Method of use/Administration: This *Kṣīra Vaṭī* should be taken with milk in cases of *śotha* and with decoction of *vijayā* in cases of *sangrahaṇī*. If feeling hungry, one should take only milk, rice or *dalia*. Salt and water prohibited during the medication period. If one feels very thirsty, he should be served with coconut water.

Therapeutic benefits: This medicine helps one in getting relief from *śotha*, *sangrahaṇī*, *atisāra* and *jīrṇa jvara*.

तक्रवटी–

रसस्य माषकं ग्राह्यं गन्धकस्य च माषकम् । द्विमाषकं विषस्यापि ताम्रं माषचतुष्टयम् ।।८२।।
तोलकं पिप्पलीचूर्णं मण्डूरस्य च। तोलकम् क्वाथेन कृष्णजीरस्य भावयेत्सप्तवासरान् ।।८३।।
वल्लप्रमाणां वटिकां तक्रेण सह पाययेत् । तक्रेण भोजनं पानं लवणाम्भोविवर्जितम् ।।
निहन्ति शोथं ग्रहणीं मन्दाग्नि पाण्डुतामपि ।।८४।।

82-84. Takravaṭī:

Ingredients: Purified *pārada*, purified *gandhaka*, powder of *vatsanābha*, *tāmra bhasma*, *pippalī* powder, *manḍūra bhasma*, decoction of cumin seeds and decoction of black cumin seeds.

Process of Drug-Making: Take 1 part each of purified *pārada* and purified *gandhaka*. Prepare *kajjalī* out of them and mix 2 parts of *vatsanābha*, 4 parts of *tāmra bhasma* and 8 parts each of *pippalī* powder and *manḍūra bhasma*. Properly triturate the mix and impregnate the mix with decoction of cumin seeds for seven days. During these seven days, prepare fresh decoction of black cumin seeds everyday and impregnate the mix. Simultaneously, triturate the same after each impregnation process. On the eighth day, prepare pills in measurement of 375 mg. each. Dry these piils and store them in a glass bottle.

Method of use/Administration: This medicine is to be taken along with *takra* as *anupāna* and one should take compatible foods along with *takra* only. Moreover, one should take *takra* for drinking purposes as well. Consumption of salt and water is restricted as usual.

Therapeutic benefits: This *Takravaṭī* is capable of checking *śotha*, *sangrahaṇī*, *mandāgni* and *pāṇḍu* diseases.

वैद्यनाथवटी (दधिवटी वा)–

पक्वेष्टकाहरिद्राभ्यामागारधूमकेन च । शोधितं सूतकं ग्राह्यं तोलकं तुलया धृतम् ।।८५।।

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भृङ्गराजरसे शुद्धं गन्धकं सूततुल्यकम् । हरितालं विष तुत्थमेलवालुकमभ्रकम् ।।८६।।
खर्परं माक्षिकंकान्तं सर्वमेकत्र कारयेत् । सर्वार्द्धा कज्जली ग्राह्या भावयेच्च पुनः पुनः ।।८७।।
सिन्थुवाररसे चैव ज्योतिष्मत्या रसे तथा । रसेऽपराजितायाश्च जयन्त्याः स्वरसे तथा ।।८८।।
रक्तचित्रकमूलोत्थे रसे च परिभावयेत् । वटिकां सर्षपाकारां योजयेत्कुशलो भिषक् ।।८९।।
ततः सप्तवटीर्दद्यादुष्णेन वारिणा सह । अनुपानञ्च कर्त्तव्यं कज्जल्या कणया सह ।।९०।।
सन्निपातज्वरे चैव सशोथे ग्रहणीगदे । पाण्डुरोगेऽग्निमान्द्ये च विविधे विषमज्वरे ।।९१।।
शुक्रमज्जगते दद्यान्न तु कासे कदाचन । नित्यं दध्ना च भोक्तव्यं सिता नित्यं तथैव च ।।९२।।
स्नातव्यं ह्यभयं नित्यं वयोदोषानुसारतः । वारिहीनमलवणं दधि पथ्यं सदा भवेत् ।।९३।।
वैद्यनाथवटी नाम्ना वैद्यनाथेन निर्मिता ।।९४।।

85-94. Vaidyanātha Vaṭī (Or Dadhivaṭī):

Ingredients: *Pārada* (that has been purified especifically through *hiñgula*), kitchen ash, *kānji*, *gandhaka* (that has been purified with juice of *bhṛingarāja)*, purified *haritāla*, purified *vatsanābha*, purified *tutthaka*, *eluvāluka*, *abhraka bhasma*, *kharpara bhasma*, *svarṇamākṣika bhasma*, *kānta lauha bhasma*, decoction of *nirgundī* leaves or its juice, decoction of *jyotiṣmatī*, decoction of *aparājitā*, juice of *jayantī* leaves and decoction of bark of red *citraka's* root.

Process of Drug-Making: Obtain 50 gm. of *pārada* (that has been purified especifically through *hiñgula*) triturate it along with burnt brick powder and with the smoke deposits obtained from the kitchen. Subsequently, wash the mix with *kānji* and sieve it through a piece of cloth. Following this, obtain 50 gm. of *gandhaka* that has been purified with juice of *bhṛingarāja* and prepare a *kajjalī* out of *pārada* and *gandhaka*. Add 25 gm. each of purified *haritāla*, purified *vatsanābha*, purified *tutthaka*, *eluvāluka*, *abhraka bhasma*, *kharpara bhasma*, *svarṇamākṣika bhasma* and *kānta lauha bhasma* into the *kajjalī*. Ground the *kajjalī* properly. Impregnate this preparation separately seven times each with decoction of *nirgundī* leaves or its juice, decoction of *jyotiṣmatī*, decoction of *aparājitā*, juice of *jayantī* leaves, decoction of bark of red *citraka's* root. Subsequently, triturate the mix properly. Prepare pills measuring 125 mg. Dry these pills and store them in glass bottle.

Method of use/Administration: This medicine is to be taken in doses of seven pills along with warm water. After consuming this medicine, one should take 62 mg. of *kajjalī* and same quantity of *pippalī* powder along with honey as *anupāna*. During the medication period, if one feels hungry, he should always be served meals with curd and sugar. Bathing is not prohibited whereas consuming salt and water is restricted.

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Therapeutic benefits: This medicine should be used for curing *sannipāta jvara*, *grahaṇī* accompanied with *śotha*, *pāṇḍu*, *agnimāndya*, various types of *viṣam jvara*, fever related to semen and marrow. However, the same should not be given in cases of *kāsa* (coughs). This medicine has been prepared by Vaidyanātha, hence its name *Vaidyanātha Vaṭī*.

शोथारिरसः (यो. र.)–

हिङ्गुलं जयपालं च मरिचं टङ्गणं कणाम् । संमर्द्य वल्लः सघृतः सर्वशोथहरः परः ।।९५।।

95. Śothāri Rasa:

Ingredients: Purified *singaṛifa*, purified *jayapāla*, *marica*, borax (blown on fire), *pippalī*, *punarnavā* and related anti-*śotha* herbs.

Process of Drug-Making: Get equal parts of purified *singaṛifa*, purified *jayapāla*, *marica*, purified borax and *pippalī*. Compound them into fine powder and triturate the mix along with the juice of the *punarnavā* and related anti-*śotha* herbs. Prepare pills in measurement of 375 mg. each and store them.

Method of use/Administration: Consume this medicine in doses of one pill along with *ghṛitam*.

Therapeutic benefits: It gives relief from all types of the *śotha* disorder.

(*Yoga Ratnākar*)

शोथशार्दूलचूर्णम्–

सोरकं पञ्चलवणं सर्जिकाक्षार एव च । सिन्दूरं च यवक्षारं सर्वं दद्यात् समं समम् ।।९६।।
रक्तित्रयमितात्खादेद् यावद्वै माषकोन्मितम् । चूर्णमेतद्धरेच्छोथं नानोपद्रवसंयुतम् ।।९७।।
तृणपञ्चमूलक्वाथैर्मूत्रकृच्छ्रहरं परम् । पुनर्नवाऽष्टकक्वाथैर्योजितं चोदरं हरेत् ।।९८।।

96-98. Śothaśārdūla Cūrṇam:

Ingredients: *Soraka*, all five types of salt, *svarjikṣāra*, *rasa sindūra* and *yavakṣāra*.

Process of Drug-Making: Obtain equal parts of *soraka*, all the five types of salt, *svarjikṣāra*, *rasa sindūra* and *yavakṣāra*. Triturate them into a fine powder and store the medicine in glass bottle.

Method of use/ Administration and Therapeutic benefits: This medicine is to be taken in doses of 375 mg. to 750 mg. daily. This powder is capable of curing *śotha* accompanied with various indispositions. Consuming this medicine along

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with decoction of *Tṛiṇapañcamūla* would help in curing *mūtrakṛicchra*. To cure problems related to gastro intestinal tract the powder should be taken along with decoction of *punarnavāṣṭaka*.

त्रिकट्वादिमण्डूरम्–

त्रिकटु त्रिफला द्राक्षा पौष्करंसजलं शटी । लौहं वचा लवङ्गञ्च शृङ्गी त्वक् शतपुष्पिका ।।९९।।
बिभीतकं विडङ्गञ्च धातकीपुष्पमेव च । एतानि समभागानि श्लक्ष्णचूर्णानि कारयेत् ।।१००।।
सर्वद्रव्यसमञ्चात्र सुशुद्धं लौहकिट्टकम् । कुटजस्य रसेनापि म्रक्षयेत्परियत्नतः ।।१०१।।
वेष्टितं जम्बुपत्रेण पङ्केन परिलेपयेत् । ततो गजपुटे पक्त्वा स्वाङ्गशीतं समुद्धरेत् ।।१०२।।
प्रातः काले शुचिर्भूत्वा भक्षयेच्छुक्तिमानतः । निहन्ति सर्वजं शोथं ग्रहणीञ्च विशेषतः ।।१०३।।
उदरेषु चसर्वेषुशोथेषु च विधानतः । विविधा व्याधयश्चान्ये सेवनाद् यान्ति साध्यताम् ।।१०४।।

99-104. Tṛikatvādi Manḍūram:

Ingredients: Fine powders of dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *drākṣā* (grapes), *puṣkaramūla*, *netrabālā*, *karcūra*, *lauha bhasma*, *vacā*, clove, *karkaṭaśṛingī*, cinnamon bark, aniseeds, peel of *vibhītaka*, *vāyaviḍanga*, flowers of *dhātakī*, *manḍūra bhasma*, decoction of *kuṭaja* and leaves of *jambū*.

Process of Drug-Making: Take fine powders of 1 part each of dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *drākṣā* (grapes), *puṣkaramūla*, *netrabālā*, *karcūra*, *lauha bhasma*, *vacā*, clove, *karkaṭaśṛingī*, cinnamon bark, aniseeds, peel of *vibhītaka*, *vāyaviḍanga* and flowers of *dhātakī*. Also take *manḍūra bhasma* equal to the combined weight of all these powders (i.e. 19 parts). Combine all the materials and triturate . Subsequently, triturate the mix with decoction of *kuṭaja* and prepare a lump out of it. Wrap the lump with leaves of *jambū* and envelop it with a piece of cloth that has been treated with mud or envelop it with mud only. Dry the same and process it through *laghu puṭa*. When the *puṭa* cools down on its own take out the compound and grind it into fine powder. Store the powder in glass bottles.

Method of use/Administration: After completing the daily chores of cleanliness (like passing stools, urine, bathing, etc), one should take this medicine in doses of 2-5 gm. along with *manḍūra*.

Therapeutic benefits: Consuming the medicine in the prescribed manner would help in curing *sarvānga śotha*, *grahaṇī* disorders, all types of problems related to gastro intestinal tract, *śotha* and various types of indispositions.

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सुधानिधिः–

धान्यकं बालकं मुस्तं विश्वं सिन्धुं समांशकम् । मण्डूरं द्विगुणं दत्त्वा भावयेत्तु चतुर्दश ।।१०५।।
गोमूत्रं केशराजश्च शोथघ्नी भृङ्गराजकः । निर्गुण्डी भेकपर्णी च रसैरेषां विभाव्य च ।।१०६।।
निष्कचूर्णं प्रयुञ्जीत तक्रेण सह बुद्धिमान् । केशराजरसैर्वोऽपि भोजनं लवणं विना ।।१०७।।
तक्रान्नं भोजयेदन्नपाने तक्रञ्च दापयेत् । कामलाज्वरशोथघ्नो वह्निसन्दीपनः परः ।
ग्रहणीपाण्डुरोगघ्नः सर्वव्याधिविनाशनः ।।१०८।।

105-108. Sudhānidhi:

Ingredients: Coriander, *netrabālā*, *mustā*, dried ginger, rock salt, *manḍūra bhasma*, cow urine, juice of *keśarāja*, decoction of *punarnavā*, juice of *bhṛingarāja*, decoction of *nirgunḍī* and juice of *manḍukaparṇī*.

Process of Drug-Making: Get 1 part each of coriander, *netrabālā*, *mustā*, dried ginger and rock salt. Also take 10 parts (twice the combine quantity of all the rest) of *manḍūra bhasma*. Ground these materials together. Impregnate the mix separately with each of the cow urine, juice of *keśarāja*, decoction of *punarnavā*, juice of *bhṛingarāja*, decoction of *nirgunḍī* and juice of *manḍukaparṇī*. Subsequently, triturate the mix and prepare pills measuring 3 gm. each. Dry these pills and store them in glass bottle.

Method of use/Administration: Consume this medicine in doses of one pill along with buttermilk and juice of *keśarāja* as *anupāna*. One should also take rice with *takra* and should take *takra* for drinking purposes. Consumption of salt and water is strictly prohibited.

Therapeutic benefits: This medicine is capable of checking jaundice, fever, *śotha*, *grahaṇī*, *pāṇḍu* and all types of indispositions. It also promotes digestive powers.

अग्निमुखमण्डूरम्–

पलद्वादशमण्डूरं गोमूत्रेऽष्टगुणे पचेत् । पञ्चकोलं देवदारु मुस्तं व्योषं फलत्रयम् ।।१०९।।
विडङ्गं पलमात्रन्तु पाकान्ते चूर्णितं क्षिपेत् । पाययेदक्षमात्रन्तु तक्रेण सह बुद्धिमान् ।।११०।।
असाध्यं श्वयथुं हन्ति पाण्डुरोगंचिरोद्भवम् । स्वयमग्निमुखं नाम सर्पिः क्षौद्रेण मर्दयेत् ।।१११।।

109-111. Agnimukhamanḍūram:

Ingredients: *Manḍūra bhasma*, cow urine, thickly ground *pippalī*, *pippalīmūla*, *cavya*, *citraka mūla* (bark), dried ginger, *devadāru*, *mustā*, dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *vāyaviḍanga*, honey and *ghṛitam*.

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Process of Drug-Making: Take 12 parts of *manḍūra bhasma* and cook it on fire along with cow urine measuring eight times of that (i.e. 96 parts.). When the preparation becomes thickened, add to it 1 part each of thickly ground *pippalī*, *pippalīmūla*, *cavya*, *citraka mūla* (bark), dried ginger, *devadāru*, *mustā*, dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī* and *vāyaviḍanga*. Also add to the preparation 3 parts of honey and 2 parts of *ghṛitam*. Thoroughly stir the preparation and collect it in an earthen jar.

Method of use/Administration: This *Agnimukha Manḍūra* is to be taken daily in doses of 2-5 gm. along with buttermilk.

Therapeutic benefits: This medicine helps in curing difficult cases of *śotha* and chronic *pāṇḍu* disorder.

शोथारिमण्डूरम्–

गोमूत्रशुद्धमण्डूरं निर्गुण्डीरसभावितम् । मानकार्द्रककन्दानां रसेष्वपि च भावयेत् ।।११२।।
त्रिफलाव्योषचव्यानां रसेष्वपि च भावयेत् । त्रिफलाव्योषचव्यानां चूर्णं कर्षद्वयं पृथक् ।।११३।।
चूर्णाद् द्विगुणमण्डूरं गोमूत्रेऽष्टगुणे पचेत् । सिद्धे चूर्णं क्षिपेच्छीते मधुनश्च पलद्वयम् ।।
निहन्ति सर्वजं शोथं सर्वाङ्गोत्थं न संशयः ।।११४।।

112-114. Śothāri Manḍūram:

Ingredients: Speciallly prepared *manḍūra bhasma*, juice of *nirgunḍī* leaves, decoction of its root's bark, juice of *mānakanda*, ginger juice, juice of *śūraṇkanda*, decoction of *triphalā*, decoction of *ṭrikaṭu*, decoction of *cavya*, cow urine, *triphalā*, *ṭrikaṭu*, *cavya* and honey.

Process of Drug-Making: Obtain 28 parts of methodologically prepared *manḍūra bhasma*. Note that this *manḍūra bhasma* should have been heated in fire of *vibhītaka* firewood for seven times and simultaneously purified (for seven times) by dipping the same in the cow urine. Impregnate this *manḍūra bhasma* separately with each of the juice of *nirgunḍī* leaves, decoction of its root's bark, juice of *mānakanda*, ginger juice, juice of *śūraṇakanda*, decoction of *triphalā*, decoction of *ṭrikaṭu* and decoction of *cavya* (2 parts each). Following this, the preparation has to be cooked in cow urine measuring 224 parts. When the preparation becomes thick, add to it, powders measuring 2 parts each of *triphalā*, *ṭrikaṭu* and *cavya*. Properly stir the preparation and remove it from stove. When the same gets cool, add 8 parts of honey to it and fill the same into an earthen jar.

Dosage: 2-5 gm. along with buttermilk.

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Therapeutic benefits: This *Śothārimanḍūra* is capable of checking *śotha* of whole body.

तक्रमण्डूरम्–

पलार्द्धं विजायचूर्णं पलार्द्धं शुद्धलौहजम् । वंशकालीयकारिष्टविषताडकमूलकम् ।।११५।।
महासमुद्रजं चैव प्रदेयं कार्षिकं तथा । तेजपत्रं लवङ्गैला शतपुष्पा मधुरिका ।।११६।।
मरिचं चामृता यष्टिजातीनागरसिन्धुजम् । सर्वं तोलमितं दद्याद्व्याधिविद्विषजां वरः ।।११७।।
वर्षाभूस्वरसेनैव बदरास्थिप्रमाणतः । केशराजानुपानेन तक्रेणैव च दापयेत् ।।११८।।
तक्रेण दापयेत्पथ्यं तक्रं भुक्तं निरन्तरम् । लवणेन विना तक्रं शोथघ्नं परमौषधम् ।।११९।।

115-119. Takramanḍūram:

Ingredients: Powdered *vijayā*, *lauha bhasma*, root of bamboo, black *agara*, bark of *neem*, *viṣatāḍakamūla*, *phenaka*, cassia leaves, clove, cardamom, aniseeds, *madhūrikā*, *marica*, *guḍūcī*, *madhuyaṣṭī*, *jātīphala*, dried ginger, rock salt and juice of *punarnavā*

Process of Drug-Making: Obtain the following: 20 parts each of powdered *vijayā* and *lauha bhasma*, 10 gm. each of root of bamboo, black *agar*, bark of *neem*, *viṣatāḍakamūla*, *phenaka*, cassia leaves, clove, cardamom, aniseeds, *madhūrikā*, *marica*, *guḍūcī*, *madhuyaṣṭī*, *jātīphala*, dried ginger and rock salt. Combine all these powders and impregnate the mix with juice of *punarnavā*. Subsequently, prepare pills measuring 500 mg. each.

Method of use/Administration: Consume this medicine with *bhṛingarāja* and *takra* as *anupāna*. As compatible food (*pathya*), the patient should be served with *takra* and rice treated through *takra*. During the medication period, one should consume *takra* without mixing salt.

तक्रमण्डूरं द्वितीयम्–

गोमूत्रशुद्धं सल्लौहकिट्टं पलचतुष्टयम् । भृङ्गराजः केशराजः शोथघ्नी गणिकारिका ।।१२०।।
कोकिलाक्षो बिल्वपत्रं रसैरेषां पृथक् पृथक् । भावयेदष्टपलिकैस्त्रिधा गोमूत्रतस्तथा ।।१२१।।
दशरक्तिमितां मात्रामस्य तक्रेण भक्षयेत् । नीरं च लवणं त्यक्त्वा तक्रमेकं पिबेद्रदी ।।१२२।।
तक्रयुक्तं तथा चान्नं भक्षयेदतियत्नतः । तेन नूनं पाण्डुशोथौ शीघ्रमेव विनश्यतः ।।१२३।।

120-123. Takramanḍūram (Second Recipe):

Ingredients: Methodologically prepared *manḍūra bhasma*, juice of *bhṛingarāja*, juice of *keśarāja*, decoction of *punarnavā's* root, decoction of *arani's* root (bark), decoction of *kokilākṣa*, juice of *bilva* leaves and cow urine.

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Process of Drug-Making: Obtain 200 gm. of methodologically prepared *manḍūra bhasma*. Note that this *manḍūra bhasma* should have been heated in fire for seven times and simultaneously purified (for seven times) by dipping the same in cow urine measuring 400 ml. Triturate this *manḍūra bhasma* and impregnate the same separately for three times each with the juice of *bhṛingarāja*, juice of *keśarāja*, decoction of *punarnavā's* root, decoction of *araṇī's* root (bark), decoction of *kokilākṣa*, juice of *bilva* leaves and cow urine measuring 400 ml. each. Subsequently, triturate the mix properly and dry it to store the same in glass jar.

Method of use/Administration: This *manḍūra* is to be taken in doses of 1250 mg. (modern dose 250 mg.) along with *takra*. If feeling thirsty, one should drink *takra* instead of water and should avoid salt as well. When hungry, he should be served with rice treated with *takra*.

Therapeutic benefits: Consuming this *Takramanḍūram* in the prescribed way would help in effectively alleviating *pānḍu roga* and *śotha*.

रसाभ्रमण्डूरम्–

गन्धकाम्बरसूतानां प्रत्येकंशुक्तिसम्मितम् । संशोध्य चूर्णितं कृत्वा मण्डूरं मुष्टिकद्वयम् ।।१२४।।
प्रसृतञ्च हरीतक्याः पाषाणजतुनः पिचुम् । तोलकं कान्तलौहस्य सर्वं रौद्रे विभावयेत् ।।१२५।।
भृङ्गराजरसप्रस्थे केशराजरसे तथा । निर्गुण्डीमानकन्दानामार्द्रकस्य रसेष्वपि ।।१२६।।
त्रिकटुत्रिफलाचव्यमुस्तकानां पृथक् पृथक् । कर्षं कर्षं क्षिपेच्चूर्णं मर्दयेन्मधुसर्पिषा ।।१२७।।
भक्षयेत्प्रातरुत्थाय मात्रया युक्तितः पुमान् । निहन्ति सर्वजं शोथं सर्वाङ्गैकाङ्गसंश्रयम् ।।१२८।।
कासश्वासतृषादाहमोहच्छर्दियुतं तथा । अम्लपित्तं निहन्त्येव शूलमष्टविधं जयेत् ।।१२९।।
अग्निवृद्धिकरं वृष्यं हृद्यं वातानुलोमनम् । कामलां पाण्डुरोगञ्च श्लेष्मकुष्ठारुचिज्वरम् ।।
प्लीहगुल्मोदरं हन्ति ग्रहणीं सप्रवाहिकाम् ।।१३०।।

124-130. Rasābhra Manḍūram:

Ingredients: Purified *gandhaka*, *abhraka bhasma*, *pārada*, *manḍūra bhasma*, *haraḍa* powder, purified *śilājatu*, *kānta lauha bhasma*, juice of *bhṛingarāja*, juice of *keśarāja*, decoction *nirgundī's* root, juice of *mānakanda*, juice of ginger, dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *cavya*, *mustā*, honey and *ghṛitam*.

Process of Drug-Making: Obtain the following: 2 parts each of purified *gandhaka*, *abhrāka bhasma* and *pārada*, 8 parts each of *manḍūra bhasma* and *haraḍa* powder, 1 part of purified *śilājātu* and 1 part of *kānta lauha bhasma*. First

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of all, prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Impregnate the mix separately with juice of *bhṛingarāja*, juice of *keśarāja*, decoction *nirgundī*'s root, juice of *mānakanda* and juice of ginger measuring 1 part each. Dry the mix by simultaneously triturate ing it under strong sun heat. Subsequently, individually add to the preparation powders of dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *cavya* and *mustā* measuring 1 part each. Triturate the mix with 4 parts measure of honey and 2 parts of *ghṛitam*. Collect the same in an earthenware.

Method of use/Administration: This *Rasābhramanḍūra* is to be taken every morning in doses of 500 mg. to 1 gm.

Therapeutic benefits: It cures *sarvānga śotha*, *ekānga śotha*, *kāsa* (coughs), *śvāsa*, *tṛiṣādhikya*, burning sensation, *moha*, vomiting, *āmlapitta*, *aṣṭavidhśūla*, jaundice, *pānḍu roga*, *kapha roga*, *kuṣṭha*, *aruci*, fever, *plīhāvṛidhi*, *gulma*, problems related to gastro intestinal tract, *grahaṇī* disorders and *pravāhikā*. This medicine also promotes digestive power; is good for health and is an aphrodisiac tonic.

त्रिकट्वादिलौहम्–

त्रिकटु त्रिफला दन्ती विडङ्गं कटुका तथा । चित्रको देवकाष्ठञ्च त्रिवृद्वारणपिप्पली ।।१३१।।
चूर्णान्येतानि तुल्यानि द्विगुणं स्यादयोरजः । क्षीरेण पीतं शीतेन परं श्वयथुनाशनम् ।।१३२।।

131-132. Ṭrikaṭvādi Lauham:

Ingredients: Powders of dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, root of *dantī*, *vāyaviḍanga*, *kaṭukī*, bark of *citraka*, *devadāru*, *niśotha*, *gajapippalī* and *lauha bhasma*.

Process of Drug-Making: Take powders measuring 1 part each of the dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, root of *dantī*, *vāyaviḍanga*, *kaṭukī*, bark of *citraka*, *devadāru*, *niśotha*, *gajapippalī* and 26 parts of *lauha bhasma*. Combine all these materials and triturate the mix.

Method of use/Administration: This *Ṭrikaṭvādi Lauha* is to be consumed in doses of 500 mg. to 1 gm. daily along with *śṛītaśīta* (medicated) milk.

Therapeutic benefits: It gives relief from *śotha* problem.

(*Rasendra Sār Sangraha*)

शोथारिलौहम्–

अयोरजस्त्र्यूषणयावशूकं चूर्णञ्च पीतंत्रिफलारसेन ।

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शोथं निहन्यात्सहसा नरस्य यथाऽशनिर्वृक्षमुदग्रवेगः ।।१३३।।

133. Śothāri Lauham:

Ingredients: *Lauha bhasma*, powders of dried ginger, *marica*, *pippalī* and *yavakṣāra*.

Process of Drug-Making: Obtain 4 parts of *lauha bhasma*, powders measuring 1 part each of dried ginger, *marica*, *pippalī* and *yavakṣāra*. Combine them and triturate the mix. Store the medicinal powder in a glass bottle.

Method of use/Administration: This *Śothāri Lauha* is to be taken in doses of 500 mg. to 1 gm. along with the decoction of *triphalā* as *anupāna*.

Therapeutic benefits: This helps one to get relief from *śotha*.

सुवर्च्चलाद्यं लौहम्–

सुवर्च्चला व्याघ्रनखं चित्रकः कटुरोहिणी । चव्यञ्च देवकाष्ठञ्च दीप्यकं लौहमेव च ।।
शोथं पाण्डुं तथा कासमुदराणि निहन्ति च ।।१३४।।

134. Suvarcclādyam Lauham:

Ingredients: Powders of *hurhur*, *vyāghranakh*, bark of *citraka*, *kaṭukī*, *cavya*, *devadāru*, caraway seeds and *lauha bhasma*.

Process of Drug-Making: Take 1 part powders each of *hurhur*, *vyāghranakh*, bark of *citraka*, *kaṭukī*, *cavya*, *devadāru*, caraway seeds along with *lauha bhasma* measuring the combined weight of the rest (i.e. 7 parts). Combine them and triturate . Store the powder in a glass jar.

Dosage: 500 mg. to 1 gm.

Therapeutic benefits: This *Suvarccalādyam Lauham* is helpful in alleviating *śotha*, *pāṇḍu*, *kāsa* (coughs) and problems related to gastro intestinal tract.

पुनर्नवादिगुग्गुलुः शोथोदरे–

पुनर्नवादार्वभयागुडूचीः पिबेत्समूत्रा महिषाक्षयुक्ताः ।
त्वग्दोषशोथोदरपाण्डुरोगस्थौल्य प्रसेकोर्ध्वकफामयेषु ।।१३५।।

135. Punarnavādi Guggulu:

Ingredients: *Punarnavā*, *devadāru*, *haraḍa*, *guḍūcī*, water, cow urine and purified *guggulu*.

Process of Drug-Making: Take 1 part each of *punarnavā*, *devadāru*, *haraḍa* and *guḍūcī*. Thickly ground these materials and obtain 24 gm. of their powder.

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Decoct this powder in water measuring 16 parts. Decoct the same until its original quantity is reduced to one fourth. Subsequently, add to it, cow urine measuring 5 parts and purified *guggulu* measuring 1-2 gm.

Dosage: 50–100 ml.

Therapeutic benefits: Regular intake of this drink helps in checking disorders of bark, *śotha*, problems related to gastro intestinal tract, *pāṇḍuroga*, *sthoulya*, *praśeka* and *kapha* indispositions on the upper part of thighs (*jānu*).

दशमूलहरीतकी–

दशमूलकषायस्य कंसे पथ्याशतं पचेत् । तुलां गुडाच्चात्र दद्याद् व्योषक्षारचतुःपलम् ।।१३६।।
त्रिसुगन्धं सुवर्णार्शं प्रस्थार्द्धं मधुनो हिमे । दशमूलहरीतक्यः शोथान् हन्युः सुदुर्जयान् ।।१३७।।
ज्वरारोचकगुल्मार्शोमेहपाण्डूदरामयान् । प्रत्येकमेषां कर्षांशं त्रिसुगन्धिमितो भवेत् ।।१३८।।
कंसहरीतकी चैषा चरके पठ्यतेऽन्यथा । एतन्मानेन तुल्यत्वं तेन तत्रापि वर्ण्यते ।।१३९।।

136-139. Daśamūla Harītakī:

Ingredients: Fruits of *harītakī*, *daśamūla* herbs, water, jaggery, dried ginger, black pepper, pepper, *yavakṣāra*, smaller cardamom, cassia leaves and honey.

Process of Drug-Making: Obtain one hundred fruits of *harītakī* and 3 kg. measure of *daśamūla* herbs and pack them together in a piece of cotton. Place this pack inside a pitcher containing 12 litre of water. Boil the water till it is reduced to one twelfth. Add to it jaggery measuring 5 kg. as well as the cooked fruits of *harītakī*. Cook the preparation again on a slow heat. When it gets thickened add to it 50 gm. each of dried ginger, black pepper, pepper and *yavakṣāra*. Also treat the preparation with 12 gm. each of smaller cardamom and cassia leaves. Stir the preparation properly. When it cools down to the atmospheric temperature add to it honey measuring 375 gm.

Method of use/Administration: This medicine is to be taken everyday. One should take one piece of boiled *harītakī* fruit as a single dose.

This recipe has been referred as *Kansaharītakī* in the text of Caraka. The present prescription is a bit different but the ingredients are identical.

Therapeutic benefits: This cures serious type of edema, fever, anorexia, *gulma* (phantom tumour), *prameha* (urinary disorders including diabetes), anemia, *udara roga and* piles.

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शुण्ठीघृतम् (च. द.)–

विश्वौषधस्य कल्केन दशमूलजले श्रृतम् । घृतं निहन्याच्छ्वयथुं ग्रहणीं पाण्डुतामयम् ।।१४०।।

140. Śuṇṭhī Ghṛitam:

Ghṛitam (1 kg. *mūrcchita*) cooked along with the *kalka* (250 gm.) of *śuṇṭhī* and the decoction (4 litres) of *daśamūla* cures edema, *grahaṇī* (sprue syndrome) and anemia.

Dosage: 6-12 gm. along with warm milk or water.

(Cakradatt)

पुनर्नवाघृतं स्वल्पम् (च. द.)–

पुनर्नवाक्वाथकल्कसिद्धं शोथहर घृतम् ।।१४१।।

141. Punarnavā Ghṛitam:

Ghṛitam (1 kg. *mūrcchita*) cooked along with the decoction (4 litres) as well as *kalka* (250 gm.) of *punarnavā* cures edema.

Dosage: 6-12 gm. along with warm milk or water.

(Cakradatt)

पुनर्नवाद्यं घृतम्–

पनर्नवातुलां गृह्य जलद्रोणे विपाचयेत् । चतुर्भागावशेषेण घृतप्रस्थं विपाचयेत् ।।१४२।।
भूनिम्बविजयाशुण्ठीशोथघ्नामरदारुच । कासं श्वाशं ज्वरं हन्ति शोथञ्चापि सुदारुणम् ।।१४३।।

142-143. Punarnavādyam Ghṛitam (Major Variety):

Ingredients: Root of *punarnavā*, water, *kalka* of *kirātatikta*, *vijayā*, dried ginger, *punarnavā*, *devadāru* and *mūrcchita ghṛitam*.

Process of Drug-Making: Decoct root of *punarnavā* measuring 5 kg. in water measuring 13 litre until the original quantity is reduced to one fourth. Triturate this reduced decoction. Prepare *kalka* of *kirātatikta*, *vijayā*, dried ginger, *punarnavā* and *devadāru* measuring 37 gm. each by grinding these materials on a stone slab with water. Combine the above mentioned decoction along with *kalka* and *mūrcchita ghṛitam* measuring 750 gm. Methodologically cook this preparation to obtain medicinal *ghṛitam* out of it. The *ghṛitam* thus obtained is known as *Punarnavādi Ghṛitam*.

Dosage: 6-12 gm. along with warm milk or water.

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Therapeutic benefits: This gives relief from *kāsa* (coughs), *śvāsa*, fever and difficult *śotha*.

(Cakradatt)

पुनर्नवाद्यं घृतम् (द्वितीयम्)–

पुनर्नवाचित्रकदेवदारुपञ्चोषणक्षारहरीतकीनाम् ।
कल्केन पक्वं दशमूलतोये घृतोत्तमं शोथनिषूदनञ्च ।।१४४।।

144. Punarnavādyam Ghṛitam (Second Major Variety):

Ingredients: *Punarnavā*, *citraka*, *devadāru*, *pippalī*, *pippalīmūla*, *cavya*, *citraka*, dried ginger, *yavakṣāra*, *harītakī*, *daśamūla* herbs, water and *mūrcchita* cow *ghṛitam*.

Process of Drug-Making: Take 25 gm. measure each of *punarnavā*, *citraka*, *devadāru*, *pippalī*, *pippalīmūla*, *cavya*, *citraka*, dried ginger, *yavakṣāra* and *harītakī*. Compound them into a coarse powder. Prepare a *kalka* out of their mix. Obtain *daśamūla* herbs measuring 4 k g. and decoct them in water measuring 16 litres. Boil it down to one fourth. Add to the decoction the above *kalka* as well as *mūrcchita* cow *ghṛitam* measuring 1 kg. Cook the preparation on a slow heat.

Dosage: 6-12 gm. along with warm milk or water.

Therapeutic benefits: This medicated *ghṛitam* effectively checks edema.

(Cakradatt)

माणकघृतम्–

माणकक्वाथकल्काभ्यां घृतप्रस्थं विपाचयेत् । एकजं द्वन्द्वजं शोथं त्रिदोषजमपोहति ।।१४५।।

145. Māṇaka Ghṛitam:

Ingredients: *Mānakanda*, water and *mūrcchita ghṛitam*.

Process of Drug-Making: Take *mānakanda* measuring 3 kg. and decoct them in water measuring 12 litre. Boil it down to one fourth. Add to it, *kalka* of *mānakanda* measuring 185 gm. as well as *mūrcchita ghṛitam* measuring 750 gm. Cook all the ingredients together on a slow heat.

Dosage: 6-12 gm. along with warm milk or water.

Therapeutic benefits: This medicated *ghṛitam* checks edema caused by disorders in one *doṣa*, two *doṣas* or in all the three *doṣas*.

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चित्रकाद्यं घृतम् (च. द.)–

सचित्रका धान्ययमानिपाठाःसदीप्यकत्र्यूषणवेतसाम्लाः ।
बिल्वात्फलं दाडिमयावशूकं सपिप्पलीमूलमथापिचव्यम् ।।१४६।।
पिष्ट्वाऽक्षमात्राणि जलाढकेन पक्त्वाघृतप्रस्थमथोपयुक्तम् ।
अर्शांसिगुल्मं श्वयथुं च कृच्छ्रं निहन्तिवह्निंच करोति दीप्तिम ।।१४७।।

146-147. Citrakādya Ghṛitam:

Ingredients: *Citraka*, *dhānya*, *yamānī*, *pāṭhā*, *dīpyaka*, *tryūṣṇa*, *āmla vetasa*, fruit of *bilva*, *dāḍima*, *yavakṣāra*, *pippalīmūla*, *cavya*, water and *mūrcchita ghṛitam*.

Process of Drug-Making: Get 12 gm. each of *citraka*, *dhānya*, *yamānī*, *pāṭhā*, *dīpyaka*, *tryūṣṇa*, *āmla vetasa*, fruit of *bilva*, *dāḍima*, *yavakṣāra*, *pippalīmūla* and *cavya*. Prepare a *kalka* of these materials and boil the *kalka* in water measuring 3 litre along with 1 kg. of *mūrcchita ghṛitam*.

Dosage: 6-12 gm. along with warm milk or water.

Therapeutic benefits: This medicated *ghṛitam* cures piles, *gulma* (phantom tumour), edema and dysuria. It stimulates the power of digestion.

(Cakradatt)

स्थलपद्मघृतम् (च. द.)–

स्थलपद्मपलान्यष्टौ त्र्यूषणस्य चतुष्पलम् । घृतप्रस्थं पचेदेभिः क्षीरं दत्त्वा चतुर्गुणम् ।।
पञ्च कासान् हरेच्छीघ्रं शोथं चैव सुदुस्तरम् ।।१४८।।

148. Sthalapadma Ghṛitam:

Ingredients: *Mūrcchita ghṛitam*, *sthalapadma*, *tryūṣṇa* herbs and milk.

Process of Drug-Making: Get 750 kg. of *mūrcchita ghṛitam* and cook it along with 375 gm. of *sthāla padma*, 187 gm. of *tryūṣṇa* herbs and 3 litre of milk.

Dosage: 6-12 gm. along with warm milk or water.

Therapeutic benefits: It instantaneously cures five varieties of *kāsa* (coughs) and serious types of edema.

(Cakradatt)

पञ्चकोलाद्यं घृतम्–

रसे विपाचयेत्सर्पिः पञ्चकोलकुलत्थयोः । पुनर्नवायाः कल्केन घृतं शोथविनाशनम् ।।१४९।।

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149. Pañcakolādya Ghṛitam:

Ghṛitam (1 kg. *mūrcchita*) cooked along with the decoction of *pañca kola* (200 gm. each) as well as *kulattha* (1 kg.) and the *kalka* of *punarnavā* (250 gm.) cures *śotha*.

Dosage: 6-12 gm. along with warm milk or water.

(Cakradatt)

चित्रकघृतम्–

क्षीरंघटेचित्रककल्कलिप्तेदध्यागतंसाधुविमथ्यतेन ।।१५०।।
तज्जं घृतं चित्रकमूलकल्कं तक्रेण सिद्धश्चयथुघ्नमग्रयम् ।
अर्शोऽतिसारानिलगुल्ममेहांस्तद्धन्तिसंवर्द्धयतेचवह्निम् ।।१५१।।

150-151. Citraka Ghṛitam:

Ingredients: Milk, *citraka* and buttermilk.

Process of Drug-Making: Prepare curd by putting milk in a jar smeared with the *kalka* (500 gm.) of *citraka* roots. Obtain *mūrcchita ghṛitam* (1 kg.) from this curd and cook it along with the *kalka* of the root of *citraka* and buttermilk (4 litres).

Dosage: 6-12 gm. along with warm milk or water.

Therapeutic benefits: This cures edema, piles, diarrhoea, *vātika gulma* (phantom tumour) and *prameha* (obstinate urinary disorder including diabetes). It also stimulates the power of digestion.

(Cakradatt)

शुष्कमूलकाद्यं तैलम्–

शुष्कमूलकवर्षाभूदारुरास्नामहौषधैः । पक्वमभ्यञ्जनात्तैलं सशूलं श्वयथुं जयेत् ।।१५२।।

152. Śuśkamūlakādya Tailam:

Ingredients: Dry *mūlaka*, *varṣābhū*, *devadāru*, *rāsnā*, *mahauṣadha* (dried ginger), *mūrcchita* oil and water.

Process of Drug-Making: Take equal parts of dry *mūlaka*, *varṣābhū*, *devadāru*, *rāsnā* and *mahauṣadha* (dried ginger). Compound them together into a *kalka*. Obtain 250 gm. of this *kalka* and cook it along with *mūrcchita* oil measuring one litre as well as water measuring four litres.

Method of use/Administration: Use this oil for massaging.

Therapeutic benefits: It cures edema with pain.

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शुष्कमूलकाद्यं तैलम्–

मूलकं दशमूलञ्च कणामूलं पुनर्नवा । प्रत्येकं प्रस्थमाहृत्य वारिण्यष्टगुणे पचेत् ।।१५३।।
तेन पादावशेषेण तैलस्यार्द्धढकं पचेत् । दापयेत्तैलतुल्यञ्च गोमूत्रं कुशलो भिषक् ।।१५४।।
मूलकं चामृता शुण्ठी पटोलं चपला बला । पाठा पुनर्नवामूलं बलाशीरञ्च शिग्रुजम् ।।१५५।।
निर्गुण्डीन्द्राशनं श्यामा करञ्जंवासकं तथा । कणा हरीतकी चैव वचा पुष्करमूलकम् ।।१५६।।
रास्ना विडङ्गचव्यञ्च द्वे हरिद्रे च धान्यकम् । द्विक्षारं सैन्धवञ्चैव देवदारु सपद्मकम् ।।१५७।।
शटीकरिकणाबिल्वंमञ्जिष्ठाच ततः क्रमात् । प्रत्येकार्द्धपलञ्चैषां पेषयित्वा विनिक्षिपेत् ।।१५८।।
अभ्यङ्गेनास्यतैलस्ययेगुणास्तांस्ततः शृणु । नानाशोथा विनश्यन्ति वातपित्तकफोद्भवाः ।।१५९।।
मलोद्भवाश्च ये केचिद्विशेषेण जलाश्रयाः । अवश्यं निर्जरा देहा भविष्यन्ति न संशयः ।।१६०।।

153-160. Śuṣkamūlakādya Tailam (Major Recipe):

Ingredients: Dried radish, *daśamūla* herbs, *pippalīmūla*, *punarnavā*, water, *mūrcchita* sesame oil, cow urine, thickly ground dried radish, root of *punarnavā*, *netrabālā*, *uśīra*, bark of *śobhāñjana*, root and leaves of *nirgunḍī*, *vijayā*, *śyāmālatā*, fruit and bark of *karañja's* root, leaves and roots of *aḍuṣā*, *pippalī*, *haraḍa*, *vacā*, *puṣkaramūla*, *rāsnā*, *vāyaviḍanga*, *cavya*, *haridrā*, *dāruharidrā*, coriander, *svarjikṣāra*, *yavakṣāra*, rock salt, *devadāru*, *padmaka*, *karcūra*, *gajapippalī*, pulp of ripe *bilva* fruit and *manjiṣṭhā*.

Process of Drug-Making: Get 750 mg. each of dried radish, *daśamūla* herbs, *pippalīmūla* and *punarnavā*. Thickly ground and decoct them with water measuring 26 litre. Decoct the preparation until its original quantity is reduced to one fourth. Filter the reduced decoction. Take 1.5 litre of *mūrcchita* sesame oil and 1.5 litre of cow urine. Get 23 gm. each of thickly ground dried radish, root of *punarnavā*, *netrabālā*, *uśīra*, bark of *śobhāñjana*, root and leaves of *nirgunḍī*, *vijayā*, *śyāmālatā*, fruit and bark of *karañja's* root, leaves and roots of *aḍuṣā*, *pippalī*, *haraḍa*, *vacā*, *puṣkaramūla*, *rāsnā*, *vāyaviḍanga*, *cavya*, *haridrā*, *dāruharidrā*, coriander, *svarjikṣāra*, *yavakṣāra*, rock salt, *devadāru*, *padmaka*, *karcūra*, *gajapippalī*, pulp of ripe *bilva* fruit and *manjiṣṭhā*. Prepare *kalka* of these materials by further grounding them on a stone slab with water. Combine all the materials (i.e. decoction, oil, cow urine and *kalka*) in a vessel. Cook this preparation on a slow heat to obtain medicinal oil.

Method of use/Administration: Use this oil for massage.

Therapeutic benefits: It cures one from *śotha* generated due to the vitiation of *vāta*, *pitta* and *kapha* as well as due to bathing and consuming contaminated water. It also lessens the impact of old age by reducing the wrinkles.

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शुष्कमूलाद्यं तैलम् बृहत् (द्वितीयम्)–

शुष्कमूलरसप्रस्थं शिग्रुधुस्तूरयोस्तथा । सिन्धुवाररसप्रस्थं दशमूलरसं तथा ।।१६१।।
पारिभद्ररसप्रस्थं वर्षाभूप्रस्थमेव च । करञ्जस्य रसप्रस्थं प्रस्थं वरुणकस्य च ।।१६२।।
तैलप्रस्थं समादाय भिषग्यत्नाद्विपाचयेत् । कल्कैरर्द्धपलैरेतैः शुण्ठीमरिचसैन्धवैः ।।१६३।।
पुनर्नवाकाकमाचीशेलुत्वक्पिप्पलीयुगैः । कट्फलंपौष्करंशृङ्गी रास्ना यासश्च कारवी ।।१६४।।
हरिद्राद्वयपूतीकद्वयानन्तायुगैः पृथक् । तत्साधुसिद्धं विज्ञाय शुभे भाण्डे निधापयेत् ।।१६५।।
वातश्लेष्मकृतं दोषं सन्निपातभवं तथा । निहन्ति सर्वजं शोथमुदरश्वासनाशनम् ।।१६६।।
विरुद्धभेषजभवं शोथमाशु व्यपोहति । व्रणशोथाक्षिशूलघ्नं कामलापाण्डुनाशनम् ।।१६७।।
येचान्येव्याधयःसन्तिश्लेष्मजाःसन्निपातजाः । तान्सर्वान्नाशयत्याशु सूर्यस्तम इवोदितः ।।१६८।।

161-168. Śuśkamulādya Tailam (Second Major Recipe):

Ingredients: Dried radish, water, bark of *śobhāñjana*, *pañcānga* of *dhatūra*, root or leaves of *nirgundī*, *daśamūla* herbs, bark of *pāribhadra* lemon, *punarnavā*, root of *karañja*, bark of *varuṇa*, *mūrcchita* sesame oil, thickly ground dried ginger, *marica*, rock salt, *punarnavā*, *kākamācī*, *śelutvak* (its bark), *pippalī*, *gajapippalī*, *katphala*, *puṣkaramūla*, *karkaṭaśṛingī*, *rāsnā*, *yavāsā*, black cumin seeds, *haridrā*, *dāru haridrā*, bark of *karañja*, bark of *pūtikarañja*, white *śārivā* and black *śārivā*.

Process of Drug-Making: Decoct dried radish (750 mg.) in water until the original quantity is reduced to one fourth. Triturate the reduced decoction. In similar fashion, prepare separate decoctions of bark of *śobhāñjana*, *pañcānga* of *dhatūra*, root or leaves of *nirgundī*, *daśamūla* herbs, bark of *pāribhadra* lemon, *punarnavā*, root of *karañja* and bark of *varuṇa* measuring 750 mg. each. Each of these herbs should be decocted in water until their original quantity is reduced one fourth each. Take *mūrcchita* sesame oil measuring 750 ml.

Get 23 gm. each of thickly ground dried ginger, *marica*, rock salt, *punarnavā*, *kākamācī*, *śelutvak* (its bark) *pippalī*, *gajapippalī*, *katphala*, *puṣkaramūla*, *karkaṭaśṛingī*, *rāsnā*, *yavāsā*, black cumin seeds, *haridrā*, *dāru haridrā*, bark of *karañja*, bark of *pūtikarañja*, white *śārivā* and black *śārivā*. Prepare *kalka* of these materials by further grounding them on a stone slab with water. Combine all the materials (i.e. decoction, oil and *kalka*) in a vessel. Cook this preparation on a slow heat to obtain medicinal oil.

Method of use/Administration: Use this oil for massage.

Therapeutic benefits: This oil cures one from *śotha* generated due to the vitiation of *vāta* and *pitta*, *sannipātika śotha*, problems related to gastro intestinal tract, *śvāsa*, *śotha* caused due to taking incompatible foods, *vraṇa śotha*, *akṣi śūla*,

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jaundice and *pāṇḍu roga*. This medicinal oil is capable of curing all *kapha*-generated indispositions in the same way as sun in clearing darkness.

शोथशार्दूलतैलम्–

धुस्तूरं दशमूलञ्च सिन्थुवीरं जयन्तिका । पुनर्नवा करञ्जञ्च षट्पलानि प्रगृह्य च ।।१६९।।
जलद्रोणे विपक्तव्यं ग्राह्यं पादावशेषितम् । प्रस्थञ्च कटुतैलस्य कल्कान्येतानि दापयेत् ।।१७०।।
रास्ना पुनर्नवा दारु मूलकं नागरं कणा । सिद्धं तैलवरं ह्येतन्नाशयत्याशु सेवनात् ।।१७१।।
शोथं सुदारुणं घोरं वातपित्तकफोद्भवम् । असाध्यं सर्वदेहस्थं सन्निपातसमुद्भवम् ।।१७२।।
श्लीपदञ्च ज्वरं पाण्डुं कृमिदोषं विनाशयेत् । क्लिन्नव्रणप्रशमनं नाडीदुष्टव्रणापहम् ।।
शोथशार्दूलकं तैलं बलवर्णप्रसादनम् ।।१७३।।

169-173. Śothaśārdūla Tailam:

Ingredients: *Pañcānga* of *dhatūra*, separate herbs of *daśamūla* group, root of *nirgundī*, root of *jayantī*, root of *punarnavā*, root of *karañja*, water, *mūrcchita* mustard oil, *rāsnā*, *punarnavā*, *devadāru*, dried radish, dried ginger and *pippalī*.

Process of Drug-Making: Obtain 280 gm. each of *pañcānga* of *dhatūra*, separate herbs of *daśamūla* group, root of *nirgundī*, root of *jayantī*, root of *punarnavā* and root of *karañja*. Subsequently, thickly ground these materials and decoct them in water measuring 13 litre until the original quantity is reduced to one fourth. Triturate the reduced decoction. Get 750 ml. of *mūrcchita* mustard oil.

Take 30 gm. each of *rāsnā*, *punarnavā*, *devadāru*, dried radish, dried ginger and *pippalī*. Take one quarter of their mixture and prepare a *kalka* by grounding them on a stone slab along with water. Collect the decoction, *mūrcchita* mustard oil and *kalka* in a vessel and cook them together on a slow heat to obtain the medicinal oil.

Method of use/Administration: Apply this oil for massage.

Therapeutic benefits: This oil would effectively help in alleviating difficult *śotha* affecting the whole body and caused due to vitiated *vāta*, *pitta*, *kapha* and *doṣa sannipāta* (*tridoṣa*). It also checks *ślīpada*, fever, *pāṇḍu*, worm diseases, severe types of *vraṇa* and *nāḍivraṇa*. This *Śothaśārdūla Tailam* also promotes strength and complexion of body.

पुनर्नवादितैलम्–

पुनर्नवापलशतं जलद्रोणे विपाचयेत् । तेन पादावशेषेण तैलप्रस्थं पचेद् भिषक् ।।१७४।।
त्रिकटु त्रिफला शृङ्गीधान्यकंकटफलं तथा । शटी दार्वी प्रियङ्गुश्च पद्मकाष्ठं हरेणुकम् ।।१७५।।

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कुष्ठं पुनर्नवा चैव यमानी कारवी तथा । एला त्वचं सलोध्रञ्च पत्रकं नागकेशरम् ।।१७६।।
वचा ग्रन्थिकमूलञ्चव्यंचित्रकमूलकम् । शतपुष्पाऽम्बु मञ्जिष्ठा रास्ना यासस्तथैव च ।।१७७।।
एतेषां कार्षिकैर्भागैः पेषयित्वा विनिक्षिपेत् । कामलां पाण्डुरोगञ्च हलीमकमथारुचिम् ।।१७८।।
रक्तपित्तं महाशोथं कासं श्वासं भगन्दरम् । प्लीहानमुदरञ्चैव जीर्णज्वरमपोहति ।।१७९।।
तैलं पुनर्नवाख्यातं सर्वान् व्याधीन् व्यपोहति ।।१८०।।

174-180.Punarnavādi Tailam:

Ingredients: *Punarnavā's* root, water, *mūrcchita* sesame oil, *ṭrikaṭu*, *ṭriphalā*, *karkaṭaśṛingī*, coriander, *kaṭphala*, *karcūra*, *dāru haridrā*, *priyangu*, *padmaka*, *hareṇukā*, *kuṣṭha*, caraway seeds, black cumin seeds, cardamom, cinnamon bark, *lodhra*, cassia leaves, *nāgakeśara*, *vacā*, *pippalīmūla*, *cavya*, bark of *citraka's* root, aniseeds, *netrabālā*, *manjiṣṭhā*, *rāsnā* and *yavāsā*.

Process of Drug-Making: Decoct 5 kg. of *punarnavā's* root in 13 litre of water until the original quantity is reduced to one fourth. Triturate the decoction and mix into it *mūrcchita* sesame oil measuring 750 ml.

Take 12 gm. each of *ṭrikaṭu*, *ṭriphalā*, *karkcaṭaśṛingī*, coriander, *kaṭphala*, *karcūra*, *dāru haridrā*, *priyangu*, *padmaka*, *hareṇukā*, *kuṣṭha*, *punarnavā*, caraway seeds, black cumin seeds, cardamom, cinnamon bark, *lodhra*, cassia leaves, *nāgakeśara*, *vacā*, *pippalīmūla*, *cavya*, bark of *citraka's* root, aniseeds, *netrabālā*, *manjiṣṭhā*, *rāsnā* and *yavāsā*. Thickly ground these materials and prepare a *kalka* by further grounding them on a stone slab along with water. Cook all the materials together methodologically to obtain medicinal oil.

Therapeutic benefits: This *Punarnavādi Taila* oil checks all types of disorders including jaundice, *pāṇḍu*, *halīmaka*, *aruci*, *raktapitta*, *śotha*, *kāsa*, *śvāsa*, *bhagandara*, *plīhāvṛidhi*, problems related to gastro intestinal tract and *jīrṇa jvara*.

शैलेयाद्यं तैलम् (च. द.)–
शैलेयकुष्ठागुरुदारुकौन्तीत्वक्पद्मकैलाऽम्बुपलाशमुस्तैः ।
स्थौणेयकस्वर्णप्रियङ्गुमांसीतालीशपत्रप्लवपत्रधान्यैः ।।१८१।।
श्रीवेष्टकध्यामकपिप्पलीभिः स्पृक्कानखैर्वाऽपि यथोपलाभम् ।
वातान्वितेऽभ्यङ्गमुशन्ति तैलं सिद्धं सुपिष्टैरपि च प्रदेहम् ।।१८२।।

181-182. Śailevādya Tailam:

Ingredients: *Śaileya*, *kuṣṭha*, *aguru*, *devadāru*, *kauntī*, *tvak*, *padmaka*, *elā*, *ambu*, *palāśa*, *mustā*, *sthauṇeyaka*, *svarṇa*, *priyangu*, *mānsī*, *tāliśapatra*, *pallava*

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patra, *dhānya*, *śṛīveṣṭaka*, *dhyāmaka*, *pippalī*, *spṛikkā*, *nakha*, *mūrcchita* oil and water.

Process of Drug-Making: Take equal parts (depending upon their availability) (10 gm. each) of *śaileya*, *kuṣṭha*, *aguru*, *devadāru*, *kauntī*, *tvak*, *padmaka*, *elā*, *ambu*, *palāśa*, *mustā*, *sthauṇeyaka*, *svarṇa*, *priyangu*, *mānsī*, *tāliśapatra*, *pallava patra*, *dhānya*, *śṛīveṣṭaka*, *dhyāmaka*, *pippalī*, *spṛikkā* and *nakha*. Prepare a *kalka* out of these materials. Obtain 250 ml. of this *kalka* and cook it on a slow heat along with *mūrcchita* oil measuring 1 litre and water measuring 4 litres.

Method of use/Administration: Use this oil for massage.

Therapeutic benefits: Massaging through this medicated oil or even taking coat of the *kalka* mentioned above cures *vātika* type of edema.

(Cakradatt)

समुद्रशोषणतैलम्–

निर्गुण्डी दशमूली च धुस्तूरककरञ्जकौ । शुष्कमूलजयाविश्वारास्नादारुपुनर्नवाः ।।१८३।।
एषाञ्च प्रकृते क्वाथेक्वाथेशाखोटजे तथा । कटुतैलं पचेत्प्रस्थं सैन्धवं कल्कपादिकम् ।।१८४।।
सन्निपातोद्भवाःशोथायेचान्ये श्लेष्मपित्तजाः । शिरःकर्णगताये च श्लीपदानि तथैव च ।।१८५।।
गलगण्डं ब्रध्नबृद्धिं शोथं सर्वाङ्गसंभवम् । एतान् सर्वान्निहन्त्याशु वाडवाग्निरिवाम्बुदम् ।।१८६।।
कर्णशोथं दन्तशोथं हनुमूलाक्षिसम्भवम् । समुद्रशोषणं नाम तैलं परमशोभनम् ।।१८७।।

183-187. Samudraśoṣaṇa Tailam:

Ingredients: *Nirgundī's* leaves and root, separate herbs of *daśamūla* group, *pañcānga* of *dhatūra*, bark of *karañja* plant's root, dry radish, leaves and bark of *jayantī's* root, dried ginger, *rāsnā*, *devadāru*, *punarnavā*, water, decoction of *śākhota*, *mūrcchita* mustard oil and *kalka* of rock salt

Process of Drug-Making: Raise 140 gm. each of the following herbs: *nirgundī's* leaves and root, separate herbs of *daśamūla* group, *pañcānga* of *dhatūra*, bark of *karañja* plant's root, dry radish, leaves and bark of *jayantī's* root, dried ginger, *rāsnā*, *devadāru* and *punarnavā*. Thickly ground these 19 materials and decoct their mix along with water measuring four times greater until the original quantity is reduced to one fourth. Triturate the decoction. Similarly, obtain one fourth decoction of *śākhota* in water. Combine all the materials and add to the preparation *mūrcchita* mustard oil measuring 750 ml. and *kalka* of rock salt measuring 185 gm. Cook this preparation methodologically on a slow heat.

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Method of use/Administration: The medicinal oil thus obtained is to be used for massaging.

Therapeutic benefits: It is very much helpful in treating *śotha* caused by all the *doṣas*, *śleṣma-pitta* generated *śotha*, *śotha* of head and ears, *ślīpada*, *galagaṇḍa*, *bradhna*, *antramuṣkādi vṛiddhi*, *sarvāngaśotha*, *karṇaśotha*, *dantamānsaśotha*, *hanumūla śotha* and *netraśotha*. This *Samudra Śoṣan Taila* is extremely useful.

पुनर्नवाद्यरिष्टः–

पुनर्नबे द्वे च बले सपाठे वासा गुडूची सह चित्रकेण ।
निदिग्धिका च त्रिपलानि पक्त्वा द्रोणार्द्धशेषे सलिले ततस्तु ।।१८८।।
पूत्वा रसं द्वे च गुडात् पुराणात् तुले मधुप्रस्थयुतं सुशीतम् ।
मासं निदध्याद् घृतभाजनस्थंपर्णे यवानां परतश्च मासात् ।।१८९।।
चूर्णीकृतैरर्द्धपलांशिकैस्तैर्हेमत्वगेलामरिचाम्बुपत्रैः ।
गन्धान्वितं क्षौद्रघृतप्रदिग्धंजीर्णे पिबेद् व्याधिबलं समीक्ष्य ।।१९०।।
हत्पाण्डुरोगं श्ववथुं प्रवृद्धंप्लीहभ्रमारोचकमेहगुल्मान् ।
भगन्दरं षड् जठराणि कासंश्वासं ग्रहण्यामयकुष्ठकण्डूः ।।१९१।।
शाखानिलं बद्धपुरीषताञ्च हिक्कां किलासञ्च हलीमकञ्च ।
क्षिप्रं जयेद् वर्णबलायुरोजस्तेजोऽन्वितो मांसरसान्नभोजी ।।१९२।।

188-192. Punarṇavādyariṣṭa:

Ingredients: White *punarnavā*, red *punarnavā*, *balā*, *atibalā*, *pāṭhā*, *aḍuṣā*, *guḍūcī*, bark of *citraka's* root and *pañcānga* of *kaṇṭakārī*, water, old jaggery (*guḍa*), honey, *ghṛitam*, powders of *nāgakeśara*, cinnamon, cardamom, black pepper, *netrabālā* and cassia leaves.

Process of Drug-Making: Take 140 gm. each of white *punarnavā*, red *punarnavā*, *balā*, *atibalā*, *pāṭhā*, *aḍuṣā*, *guḍūcī*, bark of *citraka's* root and *pañcānga* of *kaṇṭakārī*. Thickly ground these ingredients and decoct them in 13 litre of water until the original quantity is reduced to one half. Triturate the reduced decoction. Add old jaggery (*guḍa*) measuring 10 kg. to it along with honey measuring 750 mg. Collect all these materials in a pitcher coated with *ghṛitam* and close its mouth. Leave the pitcher for one month inside a heap of the paddy husk. After one month, open the mouth of the pitcher and add to the recipe powders measuring 24 gm. each of *nāgakeśara*, cinnamon, cardamom, black pepper, *netrabālā* and cassia leaves. Leave the pitcher again for one week in that

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same heap. On the eighth day, filter and store the drug in a glass jar or in an earthenware.

Method of use/Administration: This *Punarnavādyariṣṭa* is to be taken in doses of 12-25 ml. along with water after taking meals of morning and evening hours. Inmeals, the user of the medicine should take meat soup and milk with rice.

Therapeutic benefits: This medicine helps in checking heart problems, *pāṇḍu roga*, *śotha*, *plīhāvṛidhi*, *bhrama*, *aruci*, *prameha*, *gulma*, *bhagandara*, problems related to gastro intestinal tract, *kāsa*, *śvāsa*, *grahaṇī* disorders, *kuṣṭha*, *kaṇḍu*,vitiated *vāta*, constipation, hiccups, *kilās* and *halīmaka*. It also promotes complexion, strength, longevity and glow.

(Caraka)

पुनर्नवासवः–

त्रिकटु त्रिफलां दार्वीं श्वदंष्ट्रां बृहतीद्वयम् । वासामेरण्डमूलं च कटुकीं गजपिप्पलीम् ।।१९३।।
शोथघ्नीं पिचुमर्दं च गुडूचीं शुष्कमूलकम् । दुरालभां पटोलं च पलांशेन विचूर्णयेत् ।।१९४।।
धातकींषोडशपलांद्राक्षायाःपलविंशतिम् । तुलामानां सितां दत्त्वा माक्षिकार्द्धतुलां तथा ।।१९५।।
जलद्रोणद्वये क्षिप्त्वा मासं भाण्डे निधापयेत् । पुनर्नवासवो ह्येष शोथोदरविनाशनः ।।१९६।।
प्लीहानमम्लपित्तंचयकृद्गुल्मज्वरादिकान् । कृच्छ्रसाध्यामयान्सर्वान् नाशयेन्नात्रसंशयः ।।१९७।।

193-197.Punarnavāsava:

Ingredients: Powders of dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *dāru haridrā*, *gokṣura*, lesser *vyāghrī*, bigger *vyāghrī*, *aḍuṣā*, root of *eraṇḍa*, *kaṭukī*, *gajapippalī*, *punarnavā*, bark of *neem*, *guḍūcī*, dried radish, *yavāsā*, *paṭola patra*, *dhātakī* flowers, raisins, sugar, honey, water and *ghṛitam*.

Process of Drug-Making: Obtain powders measuring 50 gm. each of dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *dāru haridrā*, *gokṣura*, lesser *vyāghrī*, bigger *vyāghrī*, *aḍuṣā*, root of *eraṇḍa*, *kaṭukī*, *gajapippalī*, *punarnavā*, bark of *neem*, *guḍūcī*, dried radish, *yavāsā*, *paṭola patra* along with 750 gm. of *dhātakī* flowers, 1 kg. of raisins, 5 kg. of sugar, 2.50 kg. of a good quality of honey and 25 litre of water. Collect all these materials in a pitcher that has been coated with *ghṛitam*. Closely cover its mouth. Place this pitcher in heap of paddy husk for one month. After one month, take out the pitcher and filter the compound. Store the compound in an earthen jar.

Therapeutic benefits: This *Punarnavāsa* is capable of curing *śotha*, problems related to gastro intestinal tract, *plīhāvṛidhi*, *āmlapitta*, *yakṛidhvṛidhi*, *gulma*, fever and all cases that are difficult to cure.

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शोथरोगे पथ्यानि–

संशोधनं लङ्घनमश्रुमोक्षः स्वेदः प्रलेपः परिसेचनं च ।
पुरातनाः शालियवाः कुलत्थामुद्गाश्च गोधाऽपिच शल्लकोऽपि ।।१९८।।
भुजङ्गभूक्तित्तिरिताम्रचूडलावादयो जाङ्गलविष्किराश्च ।
कूर्मोऽपि शृङ्गी प्रपुराणसर्पिस्तक्रं सुरामाक्षिकमासवञ्च ।।१९९।।
निष्पावकाठिल्लकरक्तशिग्रुरसालककर्कोटकमानमूलम् ।
सुवर्चला गृञ्जनकः पटोलंवेत्राग्रवातिङ्गनमूलकानि ।।२००।।
पुनर्नवाचित्रकपारिभद्रश्रीपर्णनिम्बक्षुरपल्लवानि ।
एरण्डतैलं कटुका हरिद्रा हरीतकी क्षारनिषेवणं च ।।२०१।।
भल्लातकं गुग्गुलुरायसं च कटूनि तिक्तानि च दीपनानि ।
मूत्राणि गोऽजामहिषीभवानि कस्तूरिका चापि शिलाजतूनि ।।२०२।।
यत्पाण्डुरोगिष्वपि वह्निकर्म पुरा प्रदिष्टन्तु तदेव चापि ।
यथामलं पथ्यमिदं प्रदिष्टंशोथामयं सत्वरमुच्छिनत्ति ।।२०३।।

198-203. The following measures and products are considered to be beneficial if taken in regulated quantity for treating a patient of *śotha*: *sanśodhaka* (purifying) materials, *langhaṇa* (fasting), blood letting, *svedana* therapy, *pariṣecana*, old *śāli* rice, *kulattha*, *mudga*, meat of *godha*, *śallaka*, peacock, partridge, cock, *lāva*, wild animals, tortoise and fish, old *ghṛitam*, buttermilk, liquor, honey, *āsava*, beans of *niṣpāva*, *kārvellaka*, red *śobhāñjana*, mango, *karkoṭa*, *manakākanda*, *suvarcalā*, carrot, *paṭola*, *vetrāgra*, radish, *punarnavā*, *citraka*, *pāribhadra*, *śrīparṇa*, leaves of *neem* and *kokilākṣa*, oil of *eraṇḍa*, *kaṭukī*, *haraḍa*, *kṣāra* products, *bhallātaka*, *guggulu*, *lauha bhasma*, *kaṭu* and bitter juices, pro-digestive foods, urine of cow, goat and buffalo, *kastūrī*, *śilājātu* and all those *pathya* (measures and eatables) which have been recommended in treatment of *pāṇḍu* and cauterization.

प्रकारान्तरेण शोथे पथ्यानि (यो. र.)–

पुराणयवशाल्यन्नं दशमूलोपसाधितम् । अल्पमल्पं कटुस्नेहं भोजनं शोफिनां हितम् ।।२०४।।

204. Cook old paddy and *śāli* rice with decoction of *daśamūla* and obtain their *yūṣa* and *yūṣa* containing *yava* and rice grains. Consuming these preparations and taking products containing *kaṭu* juice with little quantity of *ghṛitam* is also considered to be helpful for the patient of *śotha*.

शोथरोगेऽपथ्यानि–

नित्यं दुष्टं पवनसलिलं वेगरोधं विरुद्धंसर्वं पानं विषममशनं मृत्तिकाभक्षणं च ।
ग्राम्यानूपं पिशितलवणं शुष्कशाकं नवान्नंगौडं पिष्टान्नदधिकृशरं निर्जरं मद्यमम्लम् ।।२०५।।

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धाना वल्लूरमशनमथो गुर्वसात्म्यं विदाहि स्वप्नञ्चाह्नि श्वयथुगदवान् वर्जयेन्मैथुनं च ।।२०६।।

205-206. The following measures and products should be avoided by a patient of *śotha*: continuous intake of contaminated air and water, obstructing the flow of body excretions, drinking incompatible liquids, incompatible foods, eating soil, meat of animals that live in villages or in marshy areas, salt, dried leaves, fresh rice, products of raw sugar (*guḍa*), paste-based dishes, curd, *kṛiśara*, liquors without water, citrus products, fried paddy, dry meat, taking edibles that are heavy to digest, unfavorable and steaming food items, sleeping during day time and indulging in intercourse.

प्रकारान्तरेणापथ्यानि (यो. र.)–

पिष्टान्नमुष्णं लवणानि मद्यं मृदं दिवास्वप्नमजाङ्गलंच ।
पयोगुडं तैलमथोगुरूणिशोफं जिघांसुः परिवर्जयेद्धि ।।२०७।।

207. Products made up of pastes (of *māṣa* and wheat), warm foods, salty, liquor, soil, day sleeping, meat of marshy animals and birds, water, jaggery, oil and sweet products are prohibited for the *śotha* patient.

(*Yoga Ratnākar*)

इति भैषज्यरत्नावल्यां शोथरोगचिकित्साप्रकरणम् ।।४२।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां शोथरोगचिकित्साप्रकरणम् ।।४२।।

End of the Chapter 42 of Bhaiṣajya Ratnāvalī with Commentary

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अथ वृद्धिरोगचिकित्साप्रकरणम् ४३

Chapter 43
Vṛiddhi Roga
(Morbid enlargement of vital parts or *doṣas* of the body)

वृद्धिरोगे चिकित्साक्रमः–

रेचनं मूत्रकृद् यच्च यद्वायोरनुलोमनम् । तत्सर्वं वृद्धिरोगेषु भेषजं परियोजयेत् ।।१।।

1. In all enlargement cases, one should administer *recaka*, urine-promoting items and the medicines which are meant for checking vitiated *vāta*.

(Cakradatt)

वातिकमुष्कवृद्धिचिकित्सा–

वातवृद्धौ पिबेत् स्निग्धं यथाप्राप्तं विरेचनम् । सक्षीरं वा पिबेत्तैलं मासमेरण्डसम्भवम् ।।२।।
पुनर्नवायास्तैलं वा तैलं नारायणं तथा । पाने वस्तौ रुवोस्तैलं पेयं वा दशकाम्भसा ।।३।।

2-3. For the cure of *vāta vṛiddhi* following recipes are useful: taking castor oil along with milk for one month; use of *Punarnavādya Taila* or *Nārāyaṇa Taila* as drink and for the medicated *basti* (enema) ; and intake of castor oil along with the decoction of *daśamūla*.

(Cakradatt)

वातवृद्धौ प्रयोगान्तरम्–

गुग्गुलुं रुबुतैलं वा गोमूत्रेण पिबन्नरः । वातवृद्धिं निहन्त्याशु चिरकालानुबन्धिनीम् ।।४।।

4. Intake of *guggulu* (1 gm.) or castor oil (25 mg.) along with cow's urine (50 mg.) cures *vātika vṛiddhi* even if it is chronic.

(Cakradatt)

पैत्तिकवृद्धौ क्रियानिर्देशः–

पित्तग्रन्थिक्रमेणैव पित्तवृद्धिमुपाचरेत् । जलौकाभिर्हरिद्रक्तं वृद्धौ पित्तसमुद्भवे ।।५।।

5. Enlargement due to *pitta* should be treated in manner of cure of the *pittagranthi*. Blood letting through leeches is especially beneficial in this case.

(*Bhāvaprakāśa*)

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चन्दनादिलेपः–

चन्दनं मधुकं पद्ममुशीरं नीलमुत्पलम् । क्षीरपिष्टैः प्रदेहः स्याद्दाहशोथरुजापहः ।।६।।

6. *Candana*, *madhuka*, *padma*, *uśīra* and *nīlotpala* should be made to a *kalka* by triturating them along with milk. Application of this *kalka* cures burning sensation, edema and pain associated with *vṛiddhi*.

(*Bhāvaprakāśa*)

रक्तजाण्डवृद्धिचिकित्सा–

पञ्चवल्कलकल्केन सघृतेन प्रलेपनम् । सर्वपित्तहरं कार्यं रक्तजे रक्तमोक्षणम् ।।७।।

7. The *kalka* of the barks of *nyagrodha*, *udumbara*, *aśvattha*, *pariṣa* and *plākṣa* should be mixed with *ghṛitam* and applied externally and all *pitta* alleviating therapies should be used for the cure of *paittika vṛiddhi*. In *raktaja vṛiddhi*, blood-letting therapy should be administered.

(Cakradatt)

रक्तमोक्षणविरेचनोपदेशः–

मुहुर्मुहुर्जलौकाभिः शोणितं रक्तजे हरेत् । पिबेद्विरेचनं वाऽपि शर्कराक्षौद्रसंयुतम् ।।८।।

8. If there is morbid enlargement of blood, one should have repeated blood letting with use of leeches. Apart from this one should also administer the *virecana* (purgation) therapy with the help of jaggery and honey.

(*Bhāvaprakāśa*)

रक्तजामपक्ववृद्धिचिकित्सा–

शीतमालेपनं सर्वं सर्वं पित्तहरं तथा । पित्तवृद्धिक्रमं कुर्यादामे पक्वे च रक्तजे ।।९।।

9. Cold ointments are useful in enlargement of blood. One should also check up the treatments prescribed in relation to anti-*pitta* therapies. One should also follow the treatments suggested in relation to enhancement of *āma* due to blood vitiation and enlargement of digestive system due to vitiation of the *āma* and blood.

(*Bhāvaprakāśa*)

श्लैष्मिकाण्डवृद्धिचिकित्सा–

श्लेष्मवृद्धिमुष्णवीर्यैर्मूत्रपिष्टैः प्रलेपयेत् । पीतदारुकषायञ्च पिबेन्मूत्रेण संयुतम् ।।१०।।

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10. For the cure of *kaphaja vṛiddhi*, drugs having hot potency should be made to a *kalka* by triturating them along with cow's urine and applied externally. For this, the patient should take the decoction of *pīta dāru* along with cow's urine.

(Cakradatt)

कफवृद्धौ लेपादयः–

लेपनं कटुतीक्ष्णोष्णं स्वेदनं रूक्षमेव च । परिषेकोपनाहौ च सर्वमुष्णमिहेष्यते ।।११।।

11. In enlargement of *kapha*, poultice of *kaṭu*, *tīkṣana* and warm medicines should be given. One should also perform *rūkṣa svedana* with warm pack of a sand. In addition, one should carry out *upanāha* treatment. All the above mentioned warm treatments should be carried out in enlargement of *kapha*.

(*Bhāvaprakāśa*)

कफजवृद्धौ विरेचनम्–

त्रिकटुत्रिफलाक्वाथं सक्षारलवणं पिबेत् । विरेचनमिदं श्रेष्ठं कफवृद्धिविनाशनम् ।।१२।।

12. Prepare decoction of dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka* and *āmalakī* (each taken in equal parts and raised upto 50 mg.). Add *yavakṣāra* and rock salt (2 gm. each) into this decoction. Serve the same for drinking. The effect of this decoction would cause *virecana* (purgation) and it ultimately helps in treating enlargement of *kapha*.

(*Bhāvaprakāśa*)

मेदोजवृद्धिचिकित्सा–

स्विन्नं मेदःसमुत्थञ्च लेपयेत्सुरसादिना । शिरोविरेकद्रव्यैर्वा सुखोष्णैर्मूत्रसंयुतैः ।।१३।।

13. If the scrotal tumour is caused by *medās* (fat), then first of all, *svedana* (fomentation) therapy should be applied over the tumour and thereafter, the lukewarm *kalka* of drugs belonging to *surāsādi gaṇa* prepared by triturating them along with cow's urine should be applied. Similarly, the lukewarm *kalka* of drugs (that are used for the purgetive purposes)(*śiro-vireka*) prepared by triturating them along with cow's urine should be applied.

(*Bhāvaprakāśa*)

मूत्रजवृद्धिचिकित्सा–

संस्वेद्य मूत्रप्रभवां वस्त्रपट्टेन वेष्टयेत् । सीवन्याः पार्श्वतोऽधस्ताद्विध्येद् व्रीहिमुखेन वै ।।१४।।

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14. Surgical Method: *Mūtraja granthi* (hydroccle) should first of all be given *svedana* (fomentation) therapy and then by wrapping the scrotum with a piece of cloth, it should be punctured at the side and lower part with the help of *bṛihī mukha yañtra* (trochar or canula).

(*Bhāvaprakāśa*)

अन्त्रवृद्धिलक्षणम्–

विविधैः कर्मभिः क्रूरैरन्त्रस्यावयवो वृतिम् । भित्त्वौदरीं निःसरति साऽन्त्रवृद्धिर्निगद्यते ।।१५।।

15. Doing various labourious work sometimes causes enlargement of *āntra* and it comes out of the inguinal canal. This is known as *āntravṛiddhi* (hernia).

कुण्डलबन्धनीधारणम्–

अन्त्रवृद्धेः प्रशान्त्यर्थं धार्या कुण्डलबन्धनी । स्वेदभेदादिकर्माणि कर्त्तव्यानि च सर्वथा ।।१६।।

16. For alleviating the disorder of *āntravṛiddhi*, one should regularly wear *kundalbandhini* (i.e. *peti* = truss). Apart from this, if there is a complaint of pain, one should have the *svedana* and *bhedana* therapies.

अप्राप्तफलकोषान्त्रवृद्धिचिकित्सा –

मुष्ककोषमगच्छन्त्यामन्त्रवृद्धौ विचक्षणः । वातवृद्धिक्रमं कुर्यात्स्वेदस्तत्राग्निना हितः ।।१७।।

17. So long as the disturbed intestine does not enter into the testicles of the patient, the case should be treated in manner of *vāta* enlargement. The patient should be cured through *svedana* (fomentation) by a hot rubber bag.

(*Yoga Ratnākar*)

आन्त्रवृद्धिचिकित्सा–

शङ्खोपरि च कर्णान्ते त्यक्त्वा सेवनिमादरात् । व्यत्यासाद्वा शिरां विध्येदन्त्रवृद्धिनिवृत्तये ।।
अङ्गुष्ठमध्येत्वक् छित्त्वा दहेदङ्गविपर्यये ।।१८।।

18. For the cure of *āntra vṛiddhi* (inguinal hernia), venesection should be performed over the temporal region above the ear. It should be ensured that venesection is not performed over the joints of the temporai bone or near about that. For the cure of *āntravṛiddhi* (inguinal hernia) the skin of the thumb of the side opposite to the side of the hernia should be incised and cauterized.

(Cakradatt)

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रास्नादिक्वाथः–

रास्नायष्ट्यमृतैरण्डबलागोक्षुरसाधितः । क्वाथोऽन्त्रवृद्धिं हन्त्याशु रुवुतैलेन मिश्रितः ।।१९।।

19. Rāsnādi Kvātha:

Ingredients: *Rāsnā*, *yaṣṭi*, *amṛitā*, *eraṇḍa*, *balā* and *gokṣura*.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts. Raise 25 gm. of their coarsely powdered mix and decoct in water measuring 400 ml. till it is reduced to one fourth.

Method of use/Administration: Drink the decoction by mixing castor oil (25 ml.) into it.

Therapeutic benefits: It instantaneously checks the cases of *āntra vṛiddhi* (inguinal hernia).

(Cakradatt)

एरण्डतैलप्रयोगः–

तैलमेरण्डजं पीत्वा बलासिद्धपयोऽन्वितम् । आध्मानशूलोपचितामान्त्रवृद्धिं जयेन्नरः ।।२०।।

20. Intake of castor oil (25 ml.) cooked along with *balā* and milk (200 ml.) cures abdominal distension, colic pain and swollen *āntra vṛiddhi* (inguinal hernia).

(Cakradatt)

पटोलवृषक्वाथः (भा. प्र.)–

पटोलेन वृषेणापि विधिना विहितं श्रृतम् । रुबुतैलेन संयुक्तमान्त्रवृद्धिं व्यपोहति ।।२१।।

21. Paṭolavṛiṣa Kvātha:

Ingredients: Leaves of *paṭola* and *aḍuṣā*.

Process of Drug-Making: Methodologically prepare decoction of leaves of *paṭola* and *aḍuṣā*.

Method of use/Administration: Add *eraṇḍa* oil into the decoction and serve it for drinking.

Therapeutic benefits: Drinking such decoction helps in alleviating the problem of *āntravṛiddhi*.

(*Bhāvaprakāśa*)

विशालामूलक्षीरम् (भा. प्र.)–

गन्धर्वहस्ततैलेन क्षीरेण विहितं श्रृतम् । विशालामूलजं चूर्णमान्त्रवृद्धिमपोहति ।।२२।।

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22. Viśālāmūlakṣīram:

Methodologically cook powder of *indrayava's* root with the '*Gandharvahasta Taila*' suggested below or cook the *indrayava's* root powder (2 mg.) with *eraṇḍa* oil (22 ml.) and milk (25 ml.). Drinking such liquids helps in checking *āntravṛiddhi*.

(*Bhāvaprakāśa*)

हरीतकीप्रयोगः–

हरीतकीं मूत्रसिद्धां सतैलां लवणान्विताम् । प्रातः प्रातश्च सेवेत कफवातामयापहाम् ।।२३।।

23. Intake of *harītakī* (3 gm.) boiled with cow's urine (12 ml.) along with oil (12 ml.) and rock-salt (1 gm.) every morning cures diseases caused by *kapha* and *vāta*.

(Cakradatt)

हरीतकीप्रयोगान्तरम्–

गोमूत्रसिद्धां रुबुतैलभृष्टां हरीतकीं सैन्धवचूर्णयुक्ताम् ।
खादेन्नरःकोष्णजलानुपानां निहन्ति वृद्धिंचिरजांप्रवृद्धाम् ।।२४।।

24. *Harītakī* fruits (250 no,) boiled in cow's urine (1 litre) and fried in castor oil (100 ml.) should be taken along with rock-salt (500 mg.). Luke-warm water should be taken thereafter. This cures serious type of *vṛiddhi roga* of chronic nature.

Dosage: 2-3 gm.

(Cakradatt)

त्रिफलाक्वाथः–

त्रिफलाक्वाथगोमूत्रं पिबेत् प्रातरतन्द्रितः । कफवातोद्भवं हन्ति श्वयथुं वृषणोत्थितम् ।।२५।।

25. Tṛiphalā Kvātha:

The intake of decoction (50 ml.) of *tṛiphalā* herbs along with the cow's urine (25 ml.) every morning cures *kaphaja* and *vātaja* types of *vṛiddhi roga*.

(Cakradatt)

सरलादिप्रदेहः–

सरलागुरुकुष्ठानि देवदारुमहौषधम् । मूत्रारनालसंपिष्टं शोथघ्नं कफवातनुत् ।।२६।।

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26. Intake of *sarala*, *aguru*, *kuṣṭha*, *devadāru* and *mahauṣadha* along with cow's urine and *aranāla* (a type of sour drink) cures edema, aggravation of *kapha* as well as *vāta*.

(Cakradatt)

पथ्याकल्कप्रयोगः–

भृष्टो रुवुकतैलेन कल्कः पथ्यासमुद्भवः । कृष्णासैन्धवसंयुक्तो वृद्धिरोगहरः परः ।।२७।।

27. The *kalka* of *pathyā* (500 gm.) should be fried with castor oil (200 ml.) and mixed with *pippalī* (50 gm.) as well as the rock-salt. Intake of this recipe cures *vṛiddhi roga*.

Dosage: 10 gm. along with cow milk.

(Cakradatt)

वृद्धिरोगघ्नो योगः–

ऐन्द्रीमूलभवं चूर्णं रुवुतैलेन मर्दितम् । त्र्यहाद्गोपयसा पीतं सर्ववृद्धिनिवारणम् ।।२८।।

28. The powder of the root of *aindrī* should be triturated with castor oil and taken for three days along with cow's milk. It cures all types of *vṛiddhi roga*.

(Cakradatt)

रुद्रजटामूललेपः–

रुद्रजटामूललिप्ता करटव्यङ्गचर्मणा । बद्धा वृद्धिः शमं याति चिरजाऽपि न संशयः ।।२९।।

29. A piece of leather should be smeared with the *kalka* of the root of *rudra jaṭā* and tied over the enlarged scrotum. It undoubtedly cures *vṛiddhi roga*.

(Cakradatt)

रूपिकामूललेपः–

निष्पिष्टमारनालेन रूपिकामूलवल्कलम् । लेपो वृद्ध्यामयं हन्ति बद्धमूलमपि दृढम् ।।३०।।
श्वेतार्कमूलवल्कलं काञ्जिकेन पिष्ट्वा लेपो देयः ।

30. The root bark of *rupikā* should be made to a *kalka* by triturating it along with *aranāla* (a sour drink) and applied over the enlarged scrotum for its cure. Application of this *kalka* followed by the wrapping of a piece of cloth with pressure over the scrotum also cure *vṛiddhi roga*.

(Cakradatt)

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वृद्धिहरो लेपः–

वचासर्षपकल्केन प्रलेपो वृद्धिनाशनः । लज्जागृध्रमलाभ्याञ्च लेपो वृद्धिहरः परः ।।३१।।

31. External application of the *kalka* of *vacā* and *sarṣapa* cures *vṛiddhi roga*. Similarly, application of the *kalka* of *lajjālu* and stool of vulture cures *vṛiddhi roga*.

(Cakradatt)

कुरण्डनाशनो योगः–

गव्यं घृतं सैन्यवसम्प्रयुक्तंशम्बूकभाण्डेनिहितंतदेव ।
सप्ताहमादित्यकरैर्विपक्वंहन्यात्करण्डं चिरजंप्रवृद्धम् ।।३२।।

32. Cow's *ghṛitam* (50 gm.) mixed with rock-salt (12 gm.) should be kept in a jar prepared of (or containing) sea-shells. This jar should be kept exposed to sun rays for seven days. Intake of this mix cures serious type of enlarged scrotal sac.

(*Gadanigraha*)

कुरण्डनाशने योगान्तरम्–

सैन्यवञ्च घृताभ्यक्तं ताम्रं भाजनमातपे । प्रतप्तमूर्णया घृष्टं तन्मलञ्च समाहरेत् ।।३३।।
कुरण्डं म्रक्षयेत्तेन सनिर्विघ्नं दिवानिशम् । कुरण्डं तेन संलिप्तं नास्तीत्याह पुनर्वसुः ।।३४।।

33-34. Collect 12 gm. powder of rock salt in a copper jar. Add 50 gm. of *ghṛitam* into it and triturate the same. Place the filled up jar under sun heat until the *ghṛitam* is heated. Following this, add into the preparation a little amount of *urṇa* (woollen fibres) and subsequently triturate the *ghṛitam* so long as it turns into the colour of mud. This medicinal oil should be used in plastering over the effected limb. It removes the disease *kuranḍa* (hydrocele).

(Caraka)

कुरण्डे प्रलेपः–

बहुवारस्य बीजञ्च विष्ट्वा तच्चार्द्रकैः सह । कुरण्डं नाशेयद्भदे लेपनान्नात्र संशयः ।।३५।।

35. Compound seeds of *bahuvāra* along with the ginger juice and apply the *kalka* daily. Such application helps in alleviating *kuranḍa roga*.

नीलकमलमूलप्रलेपः–

कृतैर्नीलोत्पलंमूलंपिष्ट्वालिम्पेत् कुरण्डकम् । अथवा लेपनं कुर्याद् गृहमण्डूकशोणितैः ।।३६।।

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36. Compound root of *nīlakamala* with *ghṛitam* and apply the mix as *kalka*. Also apply as *kalka*, blood of domesticated *maṇḍuka* to stop the enlargement of testicles.

रुद्धान्त्रगदलक्षणम्–

तोदो मलावरोधश्चाध्मान आक्षपकस्तथा । नाभावाकर्षणं वान्तिः सपुरीषा बलक्षयः ।।३७।।
उदरेऽतिरुजाहिक्काऽनलनाशोऽरतिस्तथा । लक्ष्माण्येतानि वेद्यानि रुद्धान्त्राभिध आमये ।।३८।।

37-38. The symptoms of *rudhāntra roga* (congestion of intestine) include pinkling pains in the intestine, constipation, *ādhmāna*, convulsion (*ākṣepa*), stretching around the naval region, vomiting with foul smells, weakness, severe pain in stomach, hiccups, loss of digestion and restlessness.

रुद्धान्त्रगदस्य चिकित्सा–

विरेचनं बस्तिकर्म स्वेदनं च यथाविधि । रुद्धान्त्रामयिने वैद्यो सुविचार्य प्रयोजयेत् ।।३९।।

39. Considering the degree of ailment, the patient should be treated with *virecana* (purgation), *basti* and *svedana* therapies.

मद्यंससलिलंदद्याद्युक्त्यावाऽप्यहिफेनकम् । शाम्यन्तितेन सहसाऽऽकुञ्चनाक्षेपजा रुजाः ।।४०।।

40. In the above condition, the patient should take *Sanjīvani Surā* or some liquor of high medicinal value along with water. Optionally, one can also take a little amount of opium (*ahiphena*). These measures removes the congestion of intestine and pacifies the pain caused due to *ākṣepa*.

रुद्धान्त्रे लेपः–

काञ्ज्यैव खाखसफलं धुत्तूरदलसंयुतम् । पिष्टमुष्णीकृतं सम्यगुदरं तेन लेपयेत् ।।४१।।

41. In the above indisposition, coating a medicinal ointment over the stomach region is also helpful. One should obtain leaves of plant *dhatturā* and fruits of opium and compound them along with *kānji*. This *kalka* should be used in coating the belly.

आन्त्रसरलकरणोपायः–

नचेच्छान्तिंव्रजेदेवंविधैःकर्मभिरामयः । तदाऽऽध्मसा भिषक् कुर्यात्सावधानोऽन्त्रपूरणम् ।।४२।।
अथ संवेशितंरुग्णमुत्तानंचोन्नितम्बकम् । अधःस्कन्धं धृतं पुम्भिर्बलिभिः साधु सान्त्वयन् ।।४३।।
सुदूरमन्त्रमध्येऽस्य दीर्घां नाडीं प्रवेशयेत् । तूलेन वस्त्रखण्डैर्वा गुदरन्ध्रं निरुद्ध्य च ।।४४।।

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बस्तियोगेनान्त्रमध्ये जलमुष्णं प्रपूरयेत् । संशूनं जठरं वीक्ष्य निवर्त्तेत ततो भिषक् ।।४५।।
वस्तिदेशादथारभ्योदरमुत्पीडयेच्छनैः । एवं कृते तु वक्रान्त्रसारल्यमुपजायते ।।४६।।

42-46. If the patient is not cured through application of the above mentioned measures, physician should try to fill in water in his intestine. For this, the patient should lie down on recumbent position with his shoulders directed downward and his buttocks lifted a bit. Some strong person should hold the patient. His anal region should be ointmented with coconut oil or like smooth liquid and the long pipe of a *basti yañtra* should be entered into his anal. The entry point of the pipe should be well covered with cotton or a piece of cloth. Thus, the intestine of patient should be filled with lukewarm water. When the abdomen gets enlarged enough the physician should stop pumping the water. However, the anus of the patient should remain closed. Following that, the abdomen and the region below of the patient should be slowly massaged with turpentine oil. This measure restores the disturbed intestines.

पारदवस्तिप्रयोगः–

पारदो वस्तिविधिना पलाष्टकमितोऽम्बुवत् । प्रयोजितः साधु रीत्या रुद्धान्त्रत्वं निवारयेत् ।।४७।।

47. One should obtain purified *pārada* measuring 375 gm. and enter this into the intestine of the patient in the manner suggested above. Use of this measure also restores the blocked intestine.

न शस्तं शस्त्रकर्मात्र प्रायशः प्राणनाशनात् । आमयिनां सहस्रेषु क्वचिदेव हितं हि तद् ।।४८।।

48. The application of surgical method in the cases of blocked intestine is generally fatal. Thus, it is prohibited. It is only one case among 1000 such cases where surgery has been successful.

न रुद्धान्त्रगदे जातु हितं स्याद् द्रवसेवनम् । अतस्तद्गदिने वैद्यैर्देयं सान्द्रद्रवादिकम् ।।४९।।

49. If the intestine of the patient is blocked, one should not take thin items. One should use thick liquids instead.

विन्दुघृतोपयोगः–

विन्दुघृतं च यत्प्रोक्तमुदरे संविधानतः । तस्योपयोगो वद्धान्त्रे गुल्मितान्त्रेऽपिजायते ।।५०।।

50. The formula named *Bindu Ghṛitam* (suggested in the chapter pertaining to *udara* i.e. problems related to gastro intestinal tract) could also be used in cases of

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blocked intestine or coiled intestine. This medicated *ghṛitam* should be used in shape of ointment over the belly or it should be taken along with warm water. It effects as a laxative and restores the coils of intestine. Thus, they are restored to the normal position.

ब्रध्नचिकत्सा, तल्लक्षणम्–

अत्यभिष्यन्दिगुर्वन्नसेवनान्निचयं गतः। करोति ग्रन्थिवच्छोथं दोषो वङ्क्षणसन्धिषु ।।५१।।
ज्वरशूलाङ्गदाहढ्यं तं ब्रध्नमिति निर्दिशेत् ।।५२।।

51-52. Treatment of *Bradhna*: Taking *abhiṣayandi* eatables, heavy to digest eatables and unripe materials vitiates the *doṣa* like *vāta* and *pitta* and indispose the intestine and produce problems of morbid growth in the inguinal region. Along with this patient feels fever, colic pain and burning temperature. These are the symptoms of disease *bradhna*. (The inguinal canal is the passageway through which a testis passes as it descends from the abdominopelvic cavity to the scrotum.)

ब्रध्नशूलहरोः लेपः–

अजाक्षीरेण गोधूमकल्कं कुन्दुरुकस्य वा । प्रलेपनं सुखोष्णं स्याद् ब्रध्नशूलहरं परम् ।।५३।।

53. Bradhnaśūlahara Lepa:

Ingredients: Wheat, *kunduru* and sheep-milk. *Bradhnaślū*

Process of Drug-Making: Get wheat and *kunduru* made into to a *kalka* by triturating them along with the sheep-milk.

Method of use/Administration: Apply this *kalka* while it is still lukewarm.

Therapeutic benefits: It cures pain in *bradhna*.

काकमांसलेपः–

मृतमात्रे तु बै काके विशस्ते तु प्रवेशयेत् । ब्रध्नं मुहूर्त्तं मेधावी तत्क्षणादरुजं भवेत् ।।५४।।

54. Kākamānsa Lepa:

Ingredients: Stomach of dead crow.

Method of use/Administration: Kill a crow and immediately take out his stomach and bandage it around the part of the stomach affected by the *śotha* of *bradhna*.

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Therapeutic benefits: This immediately alleviates the *śūla* of *bradhna* indisposition.

अजाज्यादिलेपः–

अजाजीहवुषाकुष्ठगोधूमबदराणि च । काञ्जिकेन समं पिष्ट्वा कुर्याद् ब्रध्ने प्रलेपनम् ।।५५।।

55. Ajājyādi Lepa:

Ingredients: *Ajājī*, *havuṣā*, *kuṣṭha*, *godhūma*, *badara* and *kānji*.

Process of Drug-Making: Triturate together *ajājī*, *havuṣā*, *kuṣṭha*, *godhūma* and *badara* in *kānji* into a *kalka*.

Therapeutic benefits: Application of this *kalka* cures *bradhna*.

न्यग्रोधक्षीरलेपः–

न्यग्रोधक्षीरलेपेन ब्रध्नरोगो विनश्यति ।।५६।।

56. Nayagrodhakṣīra Lepa:

Applying latex of *vāta* as an ointment helps in curing growth in the inguinal region.

हरीतक्यादिक्वाथः–

हरीतकी वचा शुण्ठी त्रिवृता स्वर्णपत्रिका । एलाद्वयं देवपुष्पं क्वाथयित्वा जलं पिबेत् ।।
अनेन प्रशमं यान्ति ब्रध्नकासज्वरा ध्रुवम् ।।५७।।

57. Harītakyādi Kvātha:

Ingredients: *Harītakī*, *vacā*, dried ginger, *niśotha*, *svarṇa patṛika*, smaller cardamom, larger cardamom and clove.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts. Raise 25 gm. of their coarsely powdered mix and decoct in water measuring 400 ml. till it is reduced to one fourth.

Therapeutic benefits: It checks the *bradhna*, *kāsa* (coughs) and fever.

बिल्वादिचूर्णम्–

मूलं बिल्वकपित्थयोररलुकस्याग्नेर्बृहत्योर्द्वयोः–
श्यामापूतिकरञ्जशिग्रुकतरोर्विश्वौषधारुष्करम् ।
कृष्णाग्रन्थिकचव्यपञ्चलवणक्षाराजमोदान्वितं–
पीतंकाञ्जिककोष्णतोयमथितैश्चूर्णीकृतंब्रध्नजित् ।।५८।।

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58. Bilvādi Cūrṇa:

Ingredients: *Bilva*, *kapittha*, *araluka*, *agni*, *bṛihatī*, *kaṇṭakārī*, *śyāmā*, *pūtikarañja*, *śunṭhī*, *aruṣkara*, *kṛiṣṇā*, *granthika*, *cavya*, *pañca lavaṇa*, *kṣāra* and *ajamodā*.

Process of Drug-Making: Obtain equal parts of *bilva* and *kapittha*, *araluka*, *agni*, *bṛihatī*, *kaṇṭakārī*, *śyāmā*, *pūti karañja*, *śunṭhī*, *aruṣkara*, *kṛiṣṇā*, *granthika*, *cavya*, *pañca lavaṇa*, *kṣāra* and *ajamodā*. Compound them into a powder.

Method of use/Administration: Consume the powder in doses of 2-4 gm. along with *kānji* (a type of sour drink), lukewarm water or butter-milk.

Therapeutic benefits: It cures *bradhna* (growth in the inguinal region).

(*Yoga Ratnākar*)

भक्तोत्तरीयं चूर्णम्–

अभ्रकं गन्धकञ्चैव पिप्पली लवणानि च । त्रिक्षारं त्रिफला चैव हरितालं मनःशिला ।।५९।।
पारदं चाजमोदा च यमानी शतपुष्पिका । जीरकं हिङ्गु मेथी च चित्रकं चविका वचा ।।६०।।
दन्ती च त्रिवृता मुस्तं शिला च मृतलौहकम् । अञ्जनं निम्बबीजानि पटोलं वृद्धदारकम् ।।६१।।
सर्वाणि चाक्षमात्राणिश्लक्ष्णचूर्णानिकारयेत् । शतं कानकबीजानि शोधितानि प्रयोजयेत् ।।६२।।
एतदग्निविवर्द्धयर्थमृषिभिः परिकीर्त्तितम् । श्लीपदान्यत्रवृद्धिञ्च वातवृद्धिञ्च दारुणाम् ।।६३।।
अरुचिं चामबातञ्च शूलं वातसमुद्भवम् । गुल्मं चैवोदरव्याधीन्नाशयत्याशु तत्क्षणात् ।।
भक्तोत्तरमिदं चूर्णमश्विभ्यां निर्मितं पुरा ।।६४।।

59-64. Bhaktottarīyam Cūrṇam:

Ingredients: *Abhraka bhasma*, purified *gandhaka*, *pippalī*, all the five types of salt, *svarjikṣāra*, *yavakṣāra*, *tañkaṇa*, *haraḍa*, *vibhītaka*, *āmalakī*, purified *haritāla*, purified *manahśilā*, purified *pārada*, *ajamodā*, caraway seeds, aniseeds, cumin seeds, purified *hingu*, seeds of *methī*, bark of *citraka's* root, *cavya*, *vacā*, root of *dantī*, *niśotha*, *mustā*, purified *śilājatu*, *lauha bhasma*, *rasāñjana*, seeds of *nimba*, *paṭola patra*, *vṛiddhadāraka* plant's root and seeds and purified seeds of *jayapāla*.

Process of Drug-Making: Take 12 gm. each of *abhraka bhasma*, purified *gandhaka*, *pippalī*, all five types of salts, *svarjikṣāra*, *yavakṣāra*, *tañkaṇa*, *haraḍa*, *vibhītaka*, *āmalakī*, purified *haritāla*, purified *manahśilā*, purified *pārada*, *ajamodā*, caraway seeds, aniseeds, cumin seeds, purified *hingu*, seeds of *methī*, bark of *citraka's* root, *cavya*, *vacā*, root of *dantī*, *niśotha*, *mustā*, purified *śilājatu*,

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lauha bhasma, *rasāñjana*, seeds of *nimba*, *paṭola patra* and *vṛiddhadāraka* plant's root and seeds.

First, prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it after compounding them into fine powders. Add powder of purified seeds (100 nos.) of *jayapāla* into the mix and triturate the same. After properly triturate ing, store the compound in glass bottle.

Dosage: 12-50 mg. along with lukewarm water.

Therapeutic benefits: Sages have prepared this medicine for increasing digestive power. This powder is helpful in checking *ślīpada*, *āntravṛiddhi*, severe *vātavṛiddhi*, *aruci*, *āmavāta*, *śūla*, *vātika gulma* and all types of problems related to gastro intestinal tract. During early period, this *Bhaktotara Cūrṇa* was first prepared by Aśvinīkumārs. This medicine is to be taken in doses of 500-1000 mg.

(*Vai. Ka.*)

शशिशेखररसः–

लौहमभ्रञ्च सिन्दूरं मर्दयेत्कन्यकाऽम्बुना । अस्य रक्तिद्वयं दद्यादन्त्ररोगनिवृत्तये ।।६५।।

65. Śaśisekhara Rasa:

Ingredients: *Lauha bhasma*, *abhraka bhasma*, *rasa sindūra* and pulp (*guḍa*) of *ghṛitakumārī*.

Process of Drug-Making: Obtain equal parts of *lauha bhasma*, *abhraka bhasma* and *rasa sindūra*. Finely powder them and triturate them together along with pulp (*gudā*) of *ghṛitakumārī*. Dry the same and store the compound in glass bottles.

Method of use/Administration: Take this medicine daily in doses of 250 mg.

Therapeutic benefits: This helps in alleviating enlargement of *āntra* (intestine).

वातारिः रस–

रसभागो भवेदेको गन्धको द्विगुणो मतः । त्रिगुणा त्रिफला ग्राह्या चतुर्भागश्च चित्रकः ।।६६।।
गुग्गुलुः पञ्चभागः स्यादेरण्डतैलमर्दितः । क्षिप्त्वाऽत्र पूर्वकं चूर्णं तेनैव सह मर्दयेत् ।।६७।।
गुडिकां कर्षमात्रां तु भक्षयेत्प्रातरेव हि । नागरैरण्डमूलानां क्वाथं तदनुपाययेत् ।।६८।।
अभ्यज्यैरण्डतैलेन स्वेदयेत्पृष्ठदेशकम् । विरेके तेन सञ्जाते स्निग्धमुष्णञ्च भोजयेत् ।।६९।।
वातारिसंज्ञको ह्येष रसो निर्वातसेवितः । अन्त्रवृद्धिं निहन्त्येव ब्रह्मचर्य्यपुरःसरः ।।७०।।

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अनुपानञ्च तिलजमार्द्रकद्रवसंयुतम् ।।७१।।

66-71. Vātāri Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, powder of mixed *triphalā*, powder of *citraka's* bark, purified *guggulu* and *eraṇḍa* oil.

Process of Drug-Making: Obtain the following materials: purified *pārada* (12 gm.), purified *gandhaka* (24 gm.), powder of mixed *triphalā* (36 gm.), powder of *citraka's* bark (48 gm.) and purified *guggulu* (60 gm.). First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials in powdered form into it. Add *eraṇḍa* oil to it and triturate the mix for one day. Prepare pills measuring 12 gm. (modern dose 500 mg.) each. Dry these pills and store them in glass jar.

Method of use/ Administration and Therapeutic benefits: This medicine is to be taken in doses of one pill during morning hours. After intake of this pill, one should drink decoction prepared out of dried ginger and root of *eraṇḍa*. Also, one should get massage done on his back. After *virecana* (purgation) (caused due to the intake of the *eraṇḍa* oil), if the patient feels hungery, he should be served with lukewarm *kṛiścara* treated with *ghṛitam*. During the medication period, one should strictly avoid exposing himself to breeze. Also, avoiding sex during its medication proves effective in immediate relief from disturbed intestines (*āntra vṛiddhi*).

(*Ra. Ra. Sa.*)

रसराजेन्द्रः–

हिङ्गुलोत्थं रसं गन्धं केशराजाम्बुशोधितम् । रसार्द्धं हेम तारञ्च नागं हेमार्द्धकं तथा ।।७२।।
क्षिप्त्वाखल्लतलेपश्चाद्वासाक्वाथेनभावयेत् ।काकमाच्याश्चित्रकस्यनिर्गुण्ड्याःकुटजस्यच।।७३।।
स्थलपद्मस्योत्पलस्यसप्तकृत्वोद्रवैःपृथक् । ततोरक्तिमिताः कुर्याद् वटीश्चण्डांशुशोषिताः ।।७४।।
अन्त्रजान्निखिलान्रोगान् सर्वदोषोद्भवांस्तथा । हन्त्ययं रसराजेन्द्रो मृगराजो यथा मृगान् ।।७५।।

72-75. Rasa Rājendra Rasa:

Ingredients: *Hiñgulotha pārada*, *gandhaka*, *svarṇa bhasma*, *rajata bhasma*, *nāga bhasma*, juices or decoctions obtained from leaves of *aḍuṣā* and *kākamācī*, bark of *citraka*, roots of *nirgundī*, bark of *kuṭaja*, *sthalapadma* and *nīlakamala*.

Process of Drug-Making: Obtain 4 parts each of *hiñgulotha pārada* and that *gandhaka* which has been purified by dipping it in the juice of *keśarāja*. Also, take *svarṇa bhasma* and *rajata bhasma* both measuring 2 parts along with 1 part of *nāga bhasma*. First of all prepare *kajjalī* out of the *pārada* and *gandhaka* and mix

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rest of the materials into it. Impregnate the mix separately for seven times each with the juices or decoctions obtained from leaves of *aḍuṣā* and *kākamācī*, bark of *citraka*, root of leaves of *nirgundī*, bark of *kuṭaja*, *sthalapadma* and *nīlakamala*. Following this, triturate the mix and prepare pills in measurement of 125 mg. each. Dry these pills and store them in glass bottle.

Therapeutic benefits: This *Rasarājendra Rasa* cures all problems of gastrointestinal tract in the same fashion as a lion kills the deer.

वृद्धिबाधिका–

शुद्धसूतं तथा गन्धं मृतान्येतानि योजयेत् । लौहं वङ्गं तथा ताम्रं कांस्यञ्चाथ विशोधितम् ।।७६।।
तालकं तुत्थकञ्चापि तथा शङ्खवराटकम् । त्रिकटु त्रिफला चव्यं विडङ्गं वृद्धदारकम् ।।७७।।
कर्चूरं मागधीमूलं पाठां सहवुषां वचाम् । एलाबीजं देवकाष्ठं तथा लवणपञ्चकम् ।।७८।।
एतानि समभागानि चूर्णयेदथ कारयेत् । कषायेण हरीतक्या वटिकां टङ्कसम्मिताम् ।।७९।।
एकां तांवटिकांयस्तुनिर्गिलेद्वारिणा सह । अन्त्रवृद्धिरसाध्याऽपि तस्य नश्यति सत्वरम् ।।८०।।

76-80. Take powders measuring 1 part each of purified *pārada*, purified *gandhaka*, *lauha bhasma*, *vanga bhasma*, *tāmra bhasma*, *kānsya bhasma*, purified *haritāla*, purified *tutthaka*, *śankha bhasma*, *varāṭa bhasma*, dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *cavya*, *vāyaviḍanga*, root and seeds of *vṛiddhadāraka* and all the five types of salts (taken separately). First prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Impregnate the mix with decoction of *harītakī* and triturate the same. Prepare pills measuring 250 mg. each. Dry and store them in glass bottle. This medicine is to be taken in doses of one pill with water. Consumption of this medicine helps in curing even the difficult cases of *āntravṛiddhi*.

(*Bhāvaprakāśa*)

महोदधिरसः–

रसं गन्धं तथा हेम वज्रविद्रुममौक्तिकम् । गृहीत्वा समभागेन मर्दयेत् त्रिफलाम्बुना ।।८१।।
ततो रक्तिमिताः कुर्याद् वटीश्छायाप्रशोषिताः । एकैकां दाषयेदासां यथादोषानुपानतः ।।८२।।
रुद्धान्त्रत्वमन्त्रवृद्धिंतथाऽन्यानन्त्रजान्गदान् । वातपित्तकफोत्थांश्च सर्वान् हन्ति महोदधिः ।।८३।।

81-83. Mahodadhi Rasa:

Ingredients: *Pārada*, purified *gandhaka*, *svarṇa bhasma*, *hīraka bhasma*, *pravāla bhasma*, *mauktika bhasma* and decoction of *triphalā*.

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Process of Drug-Making: Get equal parts of *pārada*, purified *gandhaka*, *svarṇa bhasma*, *hīraka bhasma*, *pravāla bhasma* and *mauktika bhasma*. First prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Impregnate the mix with decoction of *triphalā*. Triturate the mix and prepare pills in measurement of 125 mg. each. Dry and store them in glass bottle.

Method of use/Administration: This medicine is to be taken, after diagnosing the vitiated *doṣa*, in doses of one pill daily.

Therapeutic benefits: This medicine is capable of checking *rudhāntra*, *āntravṛiddhi* and other disorders generated by vitiated *vāta*, *pitta* and *kapha*. It has the capability of curing all types of diseases.

एकादशायसरसः–

मृतायः पुरुषः शुल्वं खगो दरदगन्धकौ । गगनं पुष्परागञ्च शैलेयं रीतिकोरगौ ।।८४।।
विडङ्गं त्रिफला हिङ्गु यवानी जीरकद्वयम् । स्वर्जीफलवचाशृङ्गीमरिचं पिप्पलीद्वयम् ।।८५।।
चव्यं दुरालभं वह्निः शुण्ठीद्रावैर्विमर्दयेत् । अण्डवातान्त्रवृद्धिं च कृच्छ्रमूरुगदापहम् ।।८६।।
अन्येऽप्यण्डगता रोगास्तान् सर्वानपकर्षति ।।८७।।

84-87.Ekadaśāya Rasa:

Ingredients: *Lauha bhasma*, purified *pārada*, *rasa sindūra* (*puruṣa*), *tāmra bhasma*, *svarṇamākṣika bhasma* (*khaga*), purified *hiñgula*, purified *gandhaka*, *abhraka bhasma* (*gagana*), *bhasma* of *puṣparāga*, purified *śilājātu*(*śaileya*), *pīttala bhasma*, *śīśa bhasma* (*uraga*), *vāyaviḍanga*, *haraḍa*, *vibhītaka*, *āmalakī*, purified *hingu*, caraway seeds, white and black varieties of cumin seeds, *svarjikṣāra*, *svarjiphala*, *vacā*, *karkaṭaśṛīngī*, *marica*, *pippalī*, *gajapippalī*, *cavya*, *yavāsā*, root of *citraka* and decoction of dried ginger.

Process of Drug-Making: Obtain equal parts of *lauha bhasma*, purified *pārada*, *rasa sindūra* (*puruṣa*), *tāmra bhasma*, *svarṇamākṣika bhasma* (*khaga*), purified *hiñgula*, purified *gandhaka*, *abhraka bhasma* (*gagana*), *bhasma* of *puṣparāga*, purified *śilājātu*(*śaileya*), *pīttala bhasma*, *śīśa bhasma* (*uraga*), *vāyaviḍanga*, *haraḍa*, *vibhītaka*, *āmalakī*, purified *hingu*, caraway seeds, white and black varieties of cumin seeds, *svarjikṣāra*, *svarjiphala*, *vacā*, *karkaṭaśṛīngī*, *marica*, *pippalī*, *gajapippalī*, *cavya*, *yavāsā* and root of *citraka*.

First of all prepare *kajjalī* out of *pārada*, *gandhaka* and *hiñgula* and mix rest of the materials into it. Impregnate the mix with decoction of dried ginger and triturate the mix. Dry the compound and store it in bottle.

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Method of use/Administration: This *Ekādaśayas Rasa* is to be taken daily in doses of 250 mg. with honey.

Therapeutic benefits: Regular intake of this medicine helps in alleviating *aṇḍavata*, *āntravṛiddhi*, *mūtrakṛicchra*, *uruhastambha*, disorders of all vitiated *doṣas*, *śotha* accompanied with all symptoms and all diseases of the *aṇḍa* (testicles).

(*Ras Ratnākar*)

वृद्धिहररसः–

रसं गन्धं विषं व्योषं तथा लवणपञ्चकम् । त्रिक्षारं जयपालं च मर्दयेद्बह्निवारिणा ।।८८।।
रक्तिमात्रां वटीं कृत्वा पाययेत्पयसा सह । अनेन प्रशमं यान्ति वृद्धिब्रध्नादयो गदाः ।।८९।।

88-89. Vṛidhihara Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, purified *viṣa*, *ṭrikaṭu*, all the five types of salt, *yavakṣāra*, *sarjakṣāra*, *tañkankṣāra*, purified *jayapāla* seeds and decoction of *citraka*.

Process of Drug-Making: Take equal parts of purified *pārada*, purified *gandhaka*, purified *viṣa*, *ṭrikaṭu*, all the five types of salt, *yavakṣāra*, *sarjakṣāra*, *tañkankṣāra* and purified *jayapāla* seeds. Combine all these materials and triturate the mix along with decoction of *citraka*. Prepare pills in measurement of 125 mg. each and dry them.

Method of use/Administration: Take one pill of this medicine with milk as *anupāna*.

Therapeutic benefits: This drug would help in checking enlargement and *bradhna* disorders.

(A*yu. Vigya.*)

शतपुष्याद्यं घृतम्–

शतपुष्याऽमृता दारु चन्दनं रजनीद्वयम् । जीरके द्वे वचा नागत्रिफलागुग्गुलुत्वचम् ।।९०।।
मांसी सकुष्ठपत्रैला रास्ना शृङ्गी च चित्रकम् । क्रिमिघ्नमश्वगन्धं च शैलेयं कटुरोहिणी ।।९१।।
सैन्धवं तगरं कुष्ठं जातीफलबिसैः समैः । एतैश्च कार्षिकैः कल्कैर्घृतप्रस्थं विपाचयेत् ।।९२।।
वृषमुण्डितिकैरण्डनिम्बपत्रभवो रसः । कण्टकार्यास्तथा प्रस्थं क्षीरप्रस्थं विनिक्षिपेत् ।।९३।।
सिद्धमेतद् घृतं पीतमन्त्रवृद्धिं व्यपोहति । वातवृद्धिं पित्तवृद्धिं मेदोवृद्धिमथापि वा ।।९४।।
मूत्रवृद्धिं श्लीपदञ्च यकृत्प्लीहानमेव च । शतपुष्याद्यमेतद्वै घृतं हन्ति न संशयः ।।९५।।

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90-95. Śatapuṣpādya Ghṛitam:

Ingredients: *Śatapuṣpā*, *devadāru*, *marica*, *haridrā*, *dāru haridrā*, *śveta jīraka*, *kṛiṣṇa jīraka*, *vacā*, *viśvā*, *triphalā*, *guggulu*, *tvak*, *māmsī*, *kuṣṭha*, *patra*, *elā*, *rāsnā*, *śṛīngī*, *citraka*, *kṛimighna*, *aśvagandhā*, *śaileya*, *katu rohiṇī*, rock salt, *tagara*, *kuṭaja*, *ativiṣā*, water, *mūrcchita ghṛitam*, decoction of *aḍuṣā*, decoction of *mahāsrāvaṇikā*, decoction of *eraṇḍa* root, juice of *nimba* leaves, decoction of *kañṭakārī* and milk.

Process of Drug-Making: Obtain 12 gm. each of *śatapuṣpā*, *devadāru*, *marica*, *haridrā*, *dāru haridrā*, *śveta jīraka*, *kṛiṣṇa jīraka*, *vacā*, *viśvā*, *triphalā*, *guggulu*, *tvak*, *māmsī*, *kuṣṭha*, *patra*, *elā*, *rāsnā*, *śṛīngī*, *citraka*, *kṛimighna*, *aśvagandhā*, *śaileya*, *katu rohiṇī*, rock salt, *tagara*, *kuṭaja* and *ativiṣā*. Prepare a *kalka* of these materials taking water as base. Take 750 ml. each of *mūrcchita ghṛitam*, decoction of *aḍuṣā*, decoction of *mahāsrāvaṇikā*, decoction of *eraṇḍa* root, juice of *nimba* leaves, decoction of *kañṭakārī* and milk. Collect all these materials including the above *kalka* in a metallic pot. Methodologically cook this preparation and obtain medicinal *ghṛitam*.

Method of use/Administration: Consume this *ghṛitam* daily in doses of 6-12 gm. along with lukewarm milk or water.

Therapeutic benefits: Intake of this medicated *ghṛitam* undoubtedly cures *āntra vṛiddhi* (inguinal hernia), *vātika* and serious type of *medoja vṛiddhi*, *mūtra vṛiddhi* (hydrocele), *ślīpada* (filariasis) and liver as well as spleen enlargement.

(Cakradatt)

त्रिवृतादिघृतम्–

त्रिवृतामधुयष्ट्यम्बुपयोधरयमानिकाः । श्यामाविदारीमिश्रेयापिप्पलीगिरिमल्लिकाः ।।९६।।
घृतप्रस्थं पयःप्रस्थं दध्याढकसमन्वितम् । शतावरीरसप्रस्थं सर्वाण्येकत्र सम्पचेत् ।।९७।।
त्रिवृतादिघृतञ्चैतदन्त्रजान्निखिलान्गदान् । प्रमेहान्विंशतिश्वासान्कुष्ठान्यर्शांसि कामलाम् ।।९८।।
हलीमकं पाण्डुरोगं गलगण्डं तथाऽर्बुदम् । विद्रधिं व्रणशोथञ्च हन्ति नास्त्यत्र संशयः ।।९९।।

96-99. Trivṛitādi Ghṛitam:

Ingredients: *Niśotha*, *madhuyaṣṭī*, *netrabālā*, *mustā*, caraway seeds, *śyāmālatā*, *vidārīkanda*, aniseeds, *pippalī*, bark of *kuṭaja*, water, *mūrcchita* cow *ghṛitam* and cow milk, curd, juice of *śatāvarī* and water.

Process of Drug-Making: Get 18 gm. each of *niśotha*, *madhuyaṣṭī*, *netrabālā*, *mustā*, caraway seeds, *śotha*, *śyāmālatā*, *vidārīkanda*, aniseeds, *pippalī*

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and bark of *kuṭaja*. Ground these materials with water on a stone slab to obtain a *kalka* out of them. Following this, collect *mūrcchita* cow *ghṛitam* and cow milk both measuring 750 ml. each along with curd (3 litres), juice of *śatāvarī* (750 ml.), water (3 litres) and the above mentioned *kalka*. Cook this preparation methodologically on a slow heat to obtain medicinal *ghṛitam*. The *ghṛitam* thus obtained is known as *Tṛivṛitādi Ghṛitam*.

Dosage: 6-12 gm. along with lukewarm water and milk.

Therapeutic benefits: It is capable of curing all problems related to intestines, 20 types of *prameha* (i.e. urinary disorders including diabetes), *śvāsa*, *kuṣṭha*, *arśa*, jaundice, *halīmaka*, *pāṇḍu roga*, *galagaṇḍa*, *arbuda*, *vidradhi* and *vraṇaśotha*.

दन्तीघृतम् (बृहत्)–

जलद्रोणेपचेत्सम्यग्दन्त्याःपलशतंभिषक् । पादशिष्टं गृहीत्वेमं क्वाथं सर्पिः पयस्तथा ।।१००।।
दन्तीमूलं बलां द्राक्षांसहदेवीं शतावरीम् । सरलं सारिवां श्यामां प्रत्येकं कुडवोन्मितम् ।।१०१।।
विदार्यास्तालमूल्याश्चशाल्मल्याःकुटजस्यच । रसाढकं परिक्षिप्य साधयेन्मृदुनाऽग्निना ।।१०२।।
अन्त्रवृद्धिमन्त्ररोधमन्त्रदाहं सुदारुणम् । मुष्कवृद्धिं तथा ब्रध्नं व्रणशोथं भगन्दरम् ।।१०३।।
आमवातं वातरक्तं मुखनासाशिरोरुजः । रेतःशोणितदोषांश्च हन्ति दन्तीघृतं बृहत् ।।१०४।।

100-104. Dantīghṛitam (Major Recipe):

Ingredients: *Dantī* roots, water, *mūrcchita* cow *ghṛitam*, cow milk, root of *dantī*, root of *balā*, grapes, root of *sahadevī*, *śatāvarī*, *saralakāṣṭha*, *śārivā* (*anantamūla*), *śyāmālatā*, juice of *vidārīkanda*, decoction of *muṣalī* and decoction of *kuṭaja's* bark.

Process of Drug-Making: Take 5 kg. measure of *dantī* roots and decoct in water measuring 13 litre. Keep decocting the same until the original quantity is reduced to one fourth. Sieve the decoction. Obtain cow *ghṛitam* and cow milk both measuring 750 ml. each. Also, prepare *kalka* of the following materials by pulverizing them with water on a stone slab: 187 gm. each of root of *dantī*, root of *balā*, grapes, root of *sahadevī*, *śatāvarī*, *saralakāṣṭha*, *śārivā* (*anantamūla*) and *śyāmālatā*.

Collect in a big vessel, the above mentioned decoction, cow milk, cow *ghṛitam* and *kalka* along with 3 litre each of juice of *vidārīkanda*, decoction of *muṣalī* and decoction of *kuṭaja's* bark. Cook this preparation methodologically on a slow heat to obtain medicinal *ghṛitam*.

Dosage: 6-12 gm.

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Therapeutic benefits: This medicinal *ghṛitam* is helpful in checking *āntravṛiddhi*, *āntravarodha*, severe *āntradāha*, *muṣkavṛiddhi*, *bradhna*, *vraṇaśotha*, *bhagandara*, *āmavāta*, *vātarakta*, disorders of faces, nose and head. It also checks indispositions caused due to vitiation of the semen and blood.

गन्धर्वहस्ततैलम्–

शतमेरण्डमूलस्य पलं शुण्ठ्या यवाढकम् । जलद्रोणे विषक्तव्यं यावत्पादावशेषितम् ।।१०५।।
तेन पादावशेषेण पयसा तत्समेन च । प्रस्थमेरण्डतैलस्य तन्मूलाच्च चतुःपलम् ।।१०६।।
त्रिपलं शृङ्गवेरञ्च गर्भं दत्त्वा विपाचयेत् । तत्पिवेत्प्रयतः शुद्धो नरः क्षीरान्नभुक् सदा ।।१०७।।
आन्त्रवृद्धिं जयत्याशु तैलं गन्धर्वहस्तकम् ।।१०८।।

105-108. Gandharvahasta Tailam:

Ingredients: Root of *eraṇḍa*, water, dried ginger, *yava*, ginger *kalka*, *eraṇḍa* oil and cow milk.

Process of Drug-Making: Get 6 kg. of the root of *eraṇḍa* and water measuring 26 litre. Boil down them together to one fourth of the original quantity. Similarly take dried ginger about 5 kg. and water measuring 26 litre. Boil down them together to one fourth of the original quantity. Also take *yava* about 3 kg. and water measuring 26 litre. Boil down them together to one fourth of the original quantity. Prepare a *kalka* out of *eraṇḍa* roots measuring 250 ml. and ginger *kalka* measuring 200 ml. Also take *eraṇḍa* oil measuring 750 ml. and cow milk measuring 6.50 litre. Cook all the three decoctions, *kalka* and other materials together on a slow heat. Thus one should obtain the famous *Gandharvarasa Tailam*.

Method of use/Administration: It should be taken in doses of 6-12 ml. along with lukewarm water or milk everyday. When feeling hungry the patient should take cooked rice along with milk.

Therapeutic benefits: This cures *āntravṛiddhi* (inguinal hernia).

(*Gadanigraha*)

मन्दारतैलम् (बृहत्)–

यन्मध्यनारायणनाम तैलं–तस्याङ्गसङ्घैस्तिलजं हि तैलम् ।
मन्दारपुष्पस्वरसेन सार्द्धं–पचेद्विधिज्ञः कमलाम्भसा च ।।१०९।।
मन्दारतैलं बृहदेतदाशु बलं च शुक्रं परिवर्द्धयेद्धि ।
अन्त्रोत्थरोगान् निखिलान् निहन्ति पित्तत्थवातोत्थकफोत्थितांश्च ।।११०।।

109-110. Mandāra Tailam (Major Recipe):

Ingredients: Decoction and *kalka*, that are used for preparing *Madhya Nārāyaṇa Taila*, juices of *pāribhadra* flowers and lotus.

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Process of Drug-Making: Take prime products i.e. decoction and *kalka*, that are used for preparing *Madhya Nārāyaṇa Taila* which is used for curing *vāta* disorders. Along with these two materials also take juices of *pāribhadra* flowers and lotus. Combine all these materials and methodologically cook them to obtain the *taila*. The oil thus obtained is known as *Bṛihanmandāra Taila*.

Method of use/Administration: It is to be consumed through drinking, massaging and in *basti* therapy.

Therapeutic benefits: It cures *āntra* generated due to *vāta*, *pitta* and *kapha*. It also promotes strength and growth of semen.

सैन्धवाद्यं तैलम् (बृहत्)—यो. र.

सैन्धवं मदनं कुष्ठं शताह्वां निचुलं वचाम् । ह्रीबेरं मधुकं भार्गीं देवदारु सनागरम् ।।१११।।
कट्फलंपौष्करंमेदांचविकांचित्रकंशटीम् । विडङ्गातिविषेश्यामांरेणुकांनीलिनीं स्थिराम् ।।११२।।
बिल्वाजमोदे कृष्णाञ्च दन्तीं रास्नांप्रपिष्यच । साध्यमेरण्डजं तैलं तैलं वा कफवातनुत् ।।११३।।
ब्रध्नोदावर्त्तगुल्मार्शःप्लीहमेहाढ्यमारुतान् । आनाहमश्मरीञ्चैव हन्यात्तदनुवासनात् ।।११४।।

111-114. Saindhavādya Tailam:

Ingredients: *Mūrcchita* castor oil or sesame oil, rock salt, *madana*, *kuṣṭha*, *śatāhvā*, *nicula*, *vacā*, *hṛivera*, *madhuka*, *bhārgī*, *devadāru*, *nāgara*, *kaṭphala*, *puṣkaramūla*, *medā*, *cavikā*, *citraka*, *śaṭī*, *viḍanga*, *ativiṣā*, *śyāmā*, *reṇuka*, *nīlinī*, *sthirā*, *bilva*, *ajamodā*, *kṛiṣṇā*, *dantī* and *rāsnā*.

Process of Drug-Making: *Mūrcchita* castor oil or sesame oil (1 litre) should be cooked by adding to it the *kalka* of rock salt, *madana*, *kuṣṭha*, *śatāhvā*, *nicula*, *vacā*, *hṛivera*, *madhuka*, *bhārgī*, *devadāru*, *nāgara*, *kaṭphala*, *puṣkaramūla*, *medā*, *cavikā*, *citraka*, *śaṭī*, *viḍanga*, *ativiṣā*, *śyāmā*, *reṇuka*, *nīlinī*, *sthirā*, *bilva*, *ajamodā*, *kṛiṣṇā*, *dantī* and *rāsnā* (10 gm. each).

Method of use/Administration: This recipe is to be used for *anuvāsana* type of medicated *basti* (enema).

Therapeutic benefits: This medicated oil alleviates *kapha* as well as *vāta* and cures *bradhna* (inguinal growth), *udāvarta* (upward movement of wind in the abdomen), *gulma* (phantom tumour), piles, spleen related enlargement, *prameha* (obstinate urinary disorder including diabetes), *ādhya vāta*, abdominal distension and *aśmarī* (stone in the urinary tract).

(*Yoga Ratnākar*)

वृद्धिब्रध्नरोगयोः पथ्यानि—

संशोधनं बस्तिरसृग्विमोक्षः स्वेदः प्रलेपोऽरुणशालयश्च ।
एरण्डतैलं सुरभीजलञ्चधन्वामिषं शिग्रुफलं पटोलम् ।।११५।।

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पुनर्नवा गोक्षुरकाग्निमन्थं ताम्बूलपथ्यारसनारसोनम् ।
वातिङ्गनं गृञ्जनकं मधूनि कौम्भं घृतं तप्तजलञ्च तक्रम् ।।११६।।
अर्धेन्दुवद्वङ्क्षणयोश्चदाहो व्यत्यासतो बाहुशिराव्यधश्च ।
यथामयं शस्त्रविधिश्चवर्गःस्याद्ब्रध्नवृद्ध्यामयिनांसुखाय ।।११७।।

115-117. The following measures and products are considered to be beneficial for the patients of *bradhna* and *vṛiddhi*: *vamana*, *virecana*, *sanśodhana*, *bastikarma*, blood letting, *svedana*, *pralepa* (pasting), red *śāli* rice, *eraṇḍa* oil, cow urine, meat of animals and birds, leaves of *śobhāñjana*, leaves of *paṭola*, leaves of *punarnavā*, *gokṣura*, *araṇī*, betal leaves, *haraḍa*, *rāsnā*, garlic, brinjal, carrots, honey, old *ghṛitam* (from 10 to 100 years), warm water, buttermilk, application of heated packs in shape of a crescent moon, around the *vankṣaṇa* (pubic and illiac) region of the body, blood letting through veins (if the hydrocele is in right side then the vein of the left arm should be cut, if the hydrocele is in left side then the vein of the right arm should be cut). Application of this and venesection of different parts of the body are helpful measures in the case of *vṛiddhi roga*.

वृद्धिरोगेऽपथ्यानि–

अनभिष्यन्दि पानान्नं नातिशीता क्रिया तथा । वृद्धिरोगे हिताय स्याद्विपरीतं विवर्जयेत् ।।११८।।

118. The following are also considered to be beneficial for a *bradhna* and *vṛiddhi* patient: consuming those materials which obstruct the *abhiṣayanda* (*kleda*), performing treatments with those medicines which do not contain cold properties, acts and measures which do not produce cold effects. The patient should avoide all the contradictory measures.

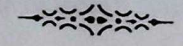
ब्रध्नवृद्धिरोगयोरपथ्यानि–

विरुद्धपानान्नमसात्म्यसेवा संक्षोभणं हस्तिहयादियानम् ।
आनुपमांसानि दधीनि माषा दुग्धानिपिष्टान्नमुपोदिकाच ।।११९।।
गुरूणिशुक्रोत्थितवेगरोधाःस्युर्ब्रध्नवृद्ध्यामयिनाममित्राः ।
वेगाहतिं पृष्ठयानं व्यायामं मैथुनं तथा ।।१२०।।
अत्यशनं तथाऽध्वानमुपवासं परित्यजेत् ।।१२१।।

119-121. Prohibitions: The patient suffering from *vṛiddhi roga* should avoid suppression of natural urges, riding on the back of animals, exercise, sexual intercourse, over-eating, getting angery and aking edibles that are heavy to digest.

इति भैषज्यरत्नावल्यां वृद्धिब्रध्नरोगचिकित्साप्रकरणम् ।।४३।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां वृद्धिरोगचिकित्साप्रकरणम् ।।४३।।

End of the Chapter 43 of Bhaiṣajya Ratnāvalī with Commentary



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अथ गलगण्डादिरोगचिकित्साप्रकरणम् ४४

Chapter 44
Galaganḍa (Lymphadenitis)

गलगण्डचिकित्सा–

स्वेदोऽनिलोत्थे गलगण्डकादौ नाड्याऽनिलघ्नौषधपत्रभङ्गैः ।
स्वेदोपनाहैः कफसम्भवे तु संस्वेद्य विस्रावणमेव कुर्यात् ।।१।।
मेदःसमुत्थे तु यथोपदिष्टं–विध्येच्छिरां स्निग्धतनोर्नरस्य ।
श्यामासुधालोहपुरीषदन्ती–रसाञ्जनैश्चापि हितः प्रलेपः ।।२।।
मूत्रेण वाऽलोड्य हिताय कल्कं–प्रातः पिबेत्सारमहीरुहाणाम् ।।३।।

1-3. In cases of *vāta* generated *galaganḍa roga*, the physician should first make a leafy pack comprising of lotus' stem and anti-*vāta* drugs. Then he should tie the pack around the affected part of the patient's body and should also perform *svedana* therapy. Whereas in cases of *kapha* generated *Galaganḍa roga*, the physician should apply the anti-*kapha svedana* therapy and *upanāha* therapy. During the *svedana* therapy the patient should remove his clothes to maximize the effects of the therapy. For the patients of *medā* generated *galaganḍa*, the physician should massage the patient with oils and then perform the surgical operation on the affected part. Also, he should apply the *kalka* of black variety of *niśotha* or *pippalī*, *snuhī* or lime, *lohamla*, *dantī* and *rasāñjana*. Besides this, during morning hours, the patient should also drink abstract of *khadira* tree triturated along with cow urine.

निचुलादिलेपः (वातजगलगण्डे)–

निचुलं शिग्रुबीजानि दशमूलमथापि वा । आलेपनं वातगण्डे सुखोष्णं संप्रशस्यते ।।४।।

4. Get equal parts of *nicula*, seeds of *śobhāñjana* and all herbs of the *daśamūla* group. Combine and churn them to prepare *kalka*. Make it pleasantly warm and apply it on *vāta* generated *galaganḍa roga*. This would effectively cure the indisposition.

(*Yoga Ratnākar*)

कफजगलगण्डचिकित्सा–

देवदारु विशालां च कफगण्डे प्रलेपनम् । छर्दनं शीर्षरेकश्च सर्वो रेचनिको हितः ।।५।।

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5. Take equal parts of roots of *devadāru* and *indrayava*. Prepare *kalka* of these materials and apply it on the *kapha* generated *galaganḍa*. Along with this, *vamana* therapy, *śiro virecana* and all types of *virecana* therapies are effective in curing *kapha* generated cases of *galaganḍa*.

(*Yoga Ratnākar*)

गलगण्डसामान्यचिकित्सा–

यवमुद्गपटोलानि कटु रूक्षञ्च भोजनम् । छर्दि सरक्तमुक्तिञ्च गलगण्डे प्रयोजयेत् ।।६।।

6. The patient of *ganḍa* (goitre) should take *yava*, *mudga*, *paṭola* and other pungent as well as unctuous ingredients as food. He should resort to *vamana* (emetic) and blood-letting therapies.

(Cakradatt)

गलगण्डे लेपः–

तण्डुलोदकपिष्टेन मूलेन परिलेपतः । हस्तिकर्णपलाशस्य गलगण्डः प्रशाम्यति ।।७।।

7. The root of *hastikarṇa palāśa* should be added with the rice-washing (*taṇḍulodaka*), triturated and made to a *kalka*. Application of this *kalka* cures *galaganḍa* (goitre).

(Cakradatt)

सर्षपादिप्रलेपः–

सर्षपाञ् शिग्रुबीजानि शणबीजातसीयवान् । मूलकस्य च बीजानि तक्रेणाम्लेन पेषयेत् ।।८।।
गलगण्डग्रन्थयश्च गण्डमालाः सुदारुणाः । प्रलेपात्तेन शाम्यन्ति विलयं यान्ति चाचिरात् ।।९।।

8-9. Sarśapādi Lepa:

Ingredients: Seeds of *sarṣapa*, *śigru*, *śāṇa*, *atasī*, *yava*, *mūlaka* and sour butter-milk.

Process of Drug-Making: Seeds of *sarṣapa*, *śigru*, *śāṇa*, *atasī*, *yava* and *mūlaka* should be triturated along with the sour butter-milk.

Therapeutic benefits: Application of this *kalka* dissolves serious types of *galaganḍa* (goitre), *granthi* (small tumour) and *ganḍamāla* (lymphadenitis).

(Cakradatt)

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गलगण्डे नूतने नस्यम्–

जीर्णकर्कारुकरसो विडसैन्धवसंयुतः । नस्येन हन्ति तरुणं गलगण्डं न संशयः ।।१०।।

10. Inhalation of the juice of ripe fruit of *kārkaruka* mixed with *viḍa* and rock salts undoubtedly cures freshly occurred *galaganḍa* (goitre).

(Cakradatt)

जलकुम्भीभस्मप्रयोगः–

जलकुम्भीकजं भस्म पक्वं गोमूत्रगालितम् । पिबेत् कोद्रवभक्ताशी गलगण्डप्रशान्तये ।।११।।

11. Ash of *jāla kumbhī* (50 ml.) should be boiled with cow's urine (200 ml.) and strained. Intake of this along with food prepared of *kodrava* cures *galaganḍa* (goitre).

Dosage: 50 ml.

(Cakradatt)

सूर्यावर्त्तरसोनोपनाहः–

सूर्यावर्त्तरसोनाभ्यां गलगण्डोपनाहने । स्फोटस्रावैः शमं यान्ति गलगण्डा न संशयः ।।१२।।

12. *Upānaha* type of *svedana* (fomentation) therapy prepared of *sūryāvarta* and *rasona* should be administered to the patient of goitre. By this, blisters appear over the goitre and there will subsequently be exudation of the goitre. This undoubtedly relieves *galaganḍa* the ailment.

(Cakradatt)

तिक्तालाबुनिहितजलमद्यप्रयोगः–

तिक्तालाबुफले पक्वे सप्ताहमुषितं जलम् । मद्यं वा गलगण्डघ्नं पानात्पथ्यान्नसेविनः ।।१३।।

13. Ripe fruit of *tiktālābu* should be soaked in water or alcohol (250 ml.) for one week. Intake of this along with wholesome food cures *galaganḍa* (goitre).

(Cakradatt)

कट्फलगिरिकर्णिकामूलप्रयोगः–

कट्फलचूर्णान्तर्गलघर्षो गलगण्डामयं हन्ति । घृतमिश्रं पीतमपि श्वेतगिरिकर्णिकामूलम् ।।१४।।

14. *Galaganḍa* (goitre) is cured if the powder of *katphala* is rubbed over the throat. Intake of the root of the white variety of *girikarṇikā* along with *ghṛitam* also cures *galaganḍa* (goitre).

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मण्डूरभस्मप्रयोगः–

महिषीमूत्रविमिश्रं लोहमलंसंस्थितंघटे मासम् । अन्तर्धूमविदग्धं लिह्यान्मधुनाथ गलगण्डे ।।१५।।

15. *Manḍūra* (iron rust) should be soaked with buffalo-urine for one month. Then it should be cooked by *antardhūma* method (without exposure to air, in a sealed jar, it should be burnt and reduced to the fine powder form). Intake of the powder along with honey is useful in *galaganḍa* (goitre).

(Cakradatt)

शिरावेधनप्रयोगः–

जिह्वायाःपार्श्वतोऽधस्ताच्छिराद्वादशकीर्त्तिताः । तासांस्थूलशिरेद्वेऽधश्छिन्द्यात्तेचशनैःशनैः ।।१६।।
बडिशेनैव संगृह्य कुशपत्रेण बुद्धिमान् । स्रुते रक्ते व्रणे तस्मिन् दद्यात्सगुडमार्द्रकम् ।।
भोजनञ्चानभिष्यन्दि यूषः कौलत्थ इष्यते ।।१७।।

16-17. Surgical Method—Blood-letting: In the sides and below the tongue there are twelve vessels. Two of them are very prominent. These two vessels should be caught with a *baḍiśa* (a type of forceps) and incised with the help of a *kuśa patra* (a thin scalped). After bleeding is over, jaggery and ginger should be applied over the wound and the patient should be served food which is not *abhiṣayandi* (i. e. the items that do not obstruct the channels of circulation) and the soup of *kulattha*. This cures *galaganḍa*.

(Cakradatt)

शिरावेधनप्रयोगो द्वितीयः–

कर्णयुग्मबहिःसन्धिमध्याभ्याशेस्थितञ्चयत् । उपर्य्युपरि तच्छिन्द्याद् गलगण्डे शिरात्रयम् ।।१८।।

18. Three vessels located one above the other on the outer joints of both the ears should be incised for the cure of *galaganḍa* (goitre).

(Cakradatt)

काञ्चनारवरुणक्वाथौ–

काञ्चनारत्वचः क्वाथः शुण्ठीचूर्णेन नाशयेत् । माक्षिकाढ्यः सकृत्पीतः क्वाथो वरुणमूलजः ।
गण्डमालां हरत्याशु चिरकालानुबन्धिनीम् ।।१९।।

19. Treatment of *Gaṇḍamāla* (Lymphadenitis): Intake of the decoction of *kāncanāra* bark (50 ml.) mixed with the powder of *śunṭhī* (1 gm.) and honey (25 gm.) cures even very chronic cases of the *gaṇḍamāla*. Similarly, The decoction of *varuṇa* root (taken only once) (50 ml.) cures very chronic *gaṇḍamāla*.

(*Bhāvaprakāśa*)

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काञ्चनारशुण्ठीप्रयोगः–

पिष्ट्वाज्येष्ठाम्बुनापीताःकाञ्चनारत्वचः शुभाः । विश्वभेषजसंयुक्ता गलगण्डापहाः पराः ।।२०।।

20. Bark of *kāncnāra* (3 gm.) should be boiled along with cow's urine. Intake of this by adding the powder of *śunṭhī* (1 gm.) cures *gaṇḍamāla* (lymphadenitis).

(Cakradatt)

आरग्वधमूलस्य नस्यप्रयोगः–

आरग्वधशिफां क्षिप्रंपिष्ट्वा तण्डुलवारिणा । सम्यङ्नस्यप्रलेपाभ्यां गण्डमालां समुद्धरेत् ।।२१।।

21. Root of *āragvadha* should be made to a *kalka* by adding *taṇḍulodaka* (rice-washing) to it. This should be used for *nasya* (inhalation) therapy and external applicationto cure cases of the *gaṇḍamāla* (lymphadenitis).

निर्गुण्डीमूलनस्यम्–

गण्डमालाऽऽमयार्त्तानांनस्यकर्मणियोजयेत् । निर्गुण्ड्यास्तुशिफांसम्यग्वारिणांपरिपेषिताम् ।।२२।।

22. The root of *nirgunḍī* should be made to a *kalka* by adding water. It should be used as *nasya* (inhalation) therapy for a patient suffering from *gaṇḍamāla* (lymphadenitis).

(Cakradatt)

चत्वारो नस्यप्रयोगाः–

कोषातकीनां स्वरसेन नस्यंतुम्ब्यास्तु वा पिप्पलिसंयुतेन ।
तैलेन वाऽरिष्टभवेन कुर्याद् गजोपकुल्येन सभाक्षिकेण ।।२३।।

23. Administration of the *nasya* (inhalation) therapy with the juice of *koṣatakī* or the juice of *tumbī* mixed with the powder of *pippalī* or sesame oil cooked along with *vacā* as well as *upakulaya* and mixed with honey cures *gaṇḍamāla* (lymphadenitis).

(Cakradatt)

ऐन्द्रीगिरिकर्णिकायोगौ–

ऐन्द्र्या वा गिरिकर्ण्या वा मूलं गोमूत्रयोगतः । गण्डमालां हरेत्पीतं चिरकालोत्थितामपि ।।२४।।

24. Intake of the root of *andrī* or *girikarṇī* (5 gm.) along with cow's urine cures even chronic cases of the *gaṇḍamāla* (lymphadenitis).

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अलम्बुषापत्रस्वरसप्रयोगः–

अलम्बुषादलोद्भूतं स्वरसंद्विपलं पिबेत् । अपच्या गण्डमालायाः कामलायाश्च नाशनम् ।।२५।।

25. Intake of the juice of *alambuṣa* leaves in a dose of 100 ml. cures *apācī* (suppurated gland), *gaṇḍamāla* (lymphadenitis) and jaundice.

(Cakradatt)

भार्गीमूलप्रलेपः–

पिष्टं ज्येष्ठाम्बुना लेपान्मूलं ब्राह्मणयष्टिजम् । गलगण्डं गण्डमालां कुरण्डञ्च विनाशयेत् ।।२६।।

26. Bhārgimūla Pralepa:

Ingredients: *Brāhmaṇa yaṣṭi* root and cow's urine.

Process of Drug-Making: Prepare a *kalka* by triturating *brahmana yaṣṭi* root along with cow's urine.

Therapeutic benefits: Application of the *kalka* cures *galaganḍa* (goitre), *gaṇḍamāla* (lymphadenitis) and *kuranḍa* (scrotal tumour).

(Cakradatt)

वनकार्पासिकापूपलिकाप्रयोगः–

वनकार्पासिकामूलं तण्डुलैः सह योजितम् । पक्त्वा पूपलिकाः खादेदपचीनाशनाय तु ।।२७।।

27. Treatment of *apācī* (suppurated gland): Intake of *pūpalikā* (a type of pastry) prepared of the root of *vana karpāsa* (10 gm.) and rice washing (80 ml.) cures *apācī* (suppurated gland).

(Cakradatt)

शोभाञ्जनादिलेपः–

शोभाञ्जनं देवदारु काञ्जिकेन तु पेषितम् । कोष्णं प्रलेपतो हन्यादपचीमतिदुस्तराम् ।।२८।।

28. Śobhāñjanādi Lepa:

Ingredients: *Śobhañjana*, *devadāru* and *kānji* (a type of sour drink).

Process of Drug-Making: Prepare a *kalka* of *śobhāñjana* and *devadāru* by triturating them along with *kānji* (a type of sour drink).

Therapeutic benefits: Application of the lukewarm *kalka* cures serious type of *apācī* (suppurated gland).

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सर्षपादिलेपः–

सर्षपारिष्टपत्राणि दग्ध्वा भल्लातकैः सह । छागमूत्रेण सम्पिष्टमपचीघ्नं प्रलेपनम् ।।२९।।

29. Leaves of *sarṣapa* as well as *ariṣṭa* and *bhallātaka* should be triturated with goat's urine and made to a *kalka*. Its external application cures *apācī* (suppurated glands).

(Cakradatt)

अपचीहरो लेपः–

अश्वत्थकाष्ठं निचुलं गवां दन्तञ्च दाहयेत् । वराहमज्जसम्पृक्तं भस्म हन्त्यपचीव्रणान् ।।३०।।

30. Apācīharo Lepa:

Ingredients: Weed of *aśvattha*, *nicula*, cow's teeth and bone marrow of boar.

Process of Drug-Making: Weed of *aśvattha*, *nicula* and cow's teeth should be burnt to ashes. This should be made to a *kalka* by adding the bone marrow of boar to it.

Therapeutic benefits: Application of this *kalka* cures ulcers of *apācī* (suppurated gland).

(Cakradatt)

पार्ष्णिदाहनिर्देशः–

पार्ष्णिं प्रति द्वादश चाङ्गुलानि भित्त्वेन्द्रवस्तिं परिवर्ज्य सम्यक् ।
विदार्य मत्स्याण्डनिभानि वैद्योनिष्कृष्य जालान्यनलं विदध्यात् ।।३१।।

31. Surgical treatment: An incision should be made twelve *angulas* (unit of measurement = fingerbreadth) above the *parṣṇi* (calcaneum bone) without touching the vital part known as *indra basti*. The wound should be opened, and from inside, the network like fish-eggs (*matsyāṇḍa jāla*) should be squeezed out. Then the ulcer should be cauterized. This cures *apācī*.

(Cakradatt)

मणिबन्धे रेखाकृतिदाहः–

मणिबन्धोपरिष्टाद्वा कुर्याद्रेखात्रयं भिषक् । अङ्गुलान्तरितं सम्यगपचीनां प्रशान्तये ।।३२।।

32. Over the wrist joint three lines (having one finger space between them) should be drawn by cauterization. This cures *apācī*.

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बलाऽपामार्गमूलबन्धनं शिरावेधश्च–

दण्डोत्पलाभवं मूलं बद्धं पुष्येऽपचीं जयेत् । अपामार्गस्य वा छिन्द्याज्जिह्वातलगते शिरे ।।३३।।

33. The root of *danḍotpala* or *apāmārga* should be tied (to the head) during the period marked by the *Puṣya* constellation. It cures *apācī*. Similarly, incising two (prominent) vessels below the tongue also cures *apācī*.

(Cakradatt)

आम-पक्वग्रन्थिचिकित्सा–

ग्रन्थिष्वामेषु कुर्वीतभिषक्शोथप्रतिक्रियाम् । पक्वामुत्पाट्य संशोध्य रोपयेद् व्रणभेषजैः ।।३४।।

34. Treatment of *Granthi* (Small Tumour): Unsuppurated *granthis* should be treated by the physician on the line suggested for the treatment of *śotha* (edema). If suppurated, the *granthi* should be incised, purified (disinfected) and healed with the medicines used for ulcers.

(Cakradatt)

हिंस्रादिलेपो वातग्रन्थौ–

हिंस्रा सरोहिण्यमृताऽथ भार्गी श्योणाकबिल्वागुरुकृष्णागन्धाः ।
गोपित्तपिष्टाः सह तालपर्ण्या ग्रन्थो विधेयोऽनिलजे प्रलेपः ।।३५।।

35. Himsrādi Lepa:

Ingredients: *Himsra*, *kaṭu rohiṇī*, *amṛitā*, *bhārgī*, *śyoṇāka*, *bilva*, *aguru*, *kṛiṣṇa gandha* and *tāla parṇī*.

Process of Drug-Making: Take equal parts of *himsra*, *kaṭu rohiṇī*, *amṛitā*, *bhārgī*, *śyoṇāka*, *bilva*, *aguru*, *kṛiṣṇa gandha* and *tāla parṇī* and triturate them into a powder.

Method of use/Administration: Apply this powder along with cow's *pitta*.

Therapeutic benefits: Application of this *kalka* cures *vātika* type of *granthi*.

(Cakradatt)

पित्तग्रन्थिचिकित्सा–

जलायुकाः पित्तकृते हितास्तु क्षीरोदकाभ्यां परिषेचनञ्च ।
काकोलिवर्गस्य तु शीतलानि पिबेत्कषायाणि सशर्कराणि ।।३६।।

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36. Treatment of *Pitta Granthi*: Employ *jālauka* (leech) over *paittika* type of *granthi*. Thereafter, sprinkle milk and water over it. The patient should take cold decoction of drugs belonging to *kākolyādi varga* along with sugar.

Dosage: 3 gm. along with juice of grapes.

(Cakradatt)

द्राक्षारसेनेक्षुरसेन वाऽपि चूर्णं पिबेद्वाऽपि हरीतकीनाम् ।
मधूकजम्ब्वर्जुनवेतसानां–त्वग्भिः प्रदेहानवतारयेच्च ।।३७।।

37. One could also use powder of *harītakī* along with the juice of either *drākṣā* or sugarcane. Over the *granthi*, the *kalka* of the bark of *madhuka*, *jambū*, *arjuna* and *vetasa* should be applied.

(Cakradatt)

श्लैष्मिकग्रन्थिचिकित्सा–
हृतेषु दोषेषु यथाऽनुपूर्व्या ग्रन्थौ भिषक् श्लेष्मसमुद्भवे तु ।
स्विन्ने च विम्लापनमेव कुर्यादङ्गुष्ठवेणूदृषदीसुतैस्तु ।।३८।।

38. In *kaphaja granthi*, first of all the patient's stomach should be cleansed of the *doṣas*. Thereafter, *svedana* (fomentation) therapy should be employed over the *granthi*, it should be dissolved (*vilāpana*) by pressure through fingers, bamboo, or application of the mercury.

(Cakradatt)

विकङ्कतादिलेपः–
विकङ्कतारग्वधकाकणन्तीकाकादनीतापसवृक्षमूलैः ।
आलेपयेदेनमलावुभार्गीकरञ्जकालामदनैश्च विद्वान् ।।३९।।

39. Vikañtakādi Lepa:

Ingredients: *Vikañkata*, *āragvadha*, *kāka dantī*, *kākādanī*, root of *agastya*, *alābu*, *bhārgī*, *karañja*, *kāla* and *madana*.

Process of Drug-Making: Get a *kalka* out of the herbs *vikañkata*, *āragvadha*, *kāka dantī*, *kākādanī*, root of *agastya*, *alābu*, *bhārgī*, *karañja*, *kāla* and *madana*.

Method of use/Administration: Apply the *kalka* on the effected body parts.

(Cakradatt)

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दन्तीमूलादिलेपः–

दन्तीचित्रकमूलत्वक्सुधार्कपयसीगुडः । भल्लातकास्थिकाशीशं लेपो भिन्द्याच्छिलामपि ।।४०।।

40. Dantīmūlādi Lepa:

Application of the *kalka* of root bark of *dantī* and *citraka*, milky latex of *sudha* and *arka guḍa*, fruit of *bhallātaka*, *kāśīśa* (iron sulphate) erodes even a stone (what to speak of *granthi*).

(Cakradatt)

मातृवाहककीटलेपः–

ग्रन्थ्यर्बुदादिजिल्लेपो मातृतवाहककीटजः ।।४१।।

41. Mātṛivāhakakīṭa Lepa:

Application of the *kalka* of the insect called *mātṛivāhaka* cures *granthi* and *arbuda*.

(Cakradatt)

स्वर्जिकादिलेपः–

स्वर्जिकामूलकक्षारः शङ्खचूर्णसमन्वितः । प्रलेपो विहितस्तीक्ष्णो हन्ति ग्रन्थ्यर्बुदादिकान् ।।४२।।

42. The *kalka* prepared out of the *svarjikṣāra*, *mūlaka kṣāra* and *śankha bhasma* is very sharp. Its application cures *granthi*, *arbuda*, etc.

(Cakradatt)

ग्रन्थिदाहः–

ग्रन्थीनमर्मप्रभवानपक्वानुद्धृत्य चाग्निं विदधीत वैद्यः ।
क्षारेणचैतान् प्रतिसारयेत्तुसंलिख्यसंलिख्य यथोपदेशम् ।।४३।।

43. *Marmaja Granthi*: If *granthi* is located in *marma* (vital part of the body), then it should be removed after it is fully suppurated and thereafter, the ulcer should be cauterized. Optionally, *kṣāra* (alkali preparation) should be applied over it to scrap it out of its location.

(Cakradatt)

तत्र सामान्यचिकित्सा–

ग्रन्थ्यर्बुदानाञ्च यतोऽविशेषः प्रदेशहेत्वाकृतिदोषदूष्यैः ।
ततश्चिकित्सेद् भिषगर्बुदानि–विधानविद् ग्रन्थिचिकित्सितेन ।।४४।।

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44. Treatment of *Arbuda*: Since *granthi* and *arbuda* have many common features notwithstanding their distinction in location, causative factors, shape, *doṣas* and *duṣyas*, the wise physician should treat the case on the line suggested for *granthi*.

(Caraka)

वातार्बुदे क्रियाक्रमः–

वातार्बुदे चाप्युपनाहनानि स्निग्धैश्चमांसैरथ वेशवारैः ।
स्वेदंविदध्यात् कुशलस्तु नाड्या शृङ्गेण रक्तं बहुशोहरेच्च ।।४५।।

45. Treatment of *Vātārbuda*: In *vātika* type of *arbuda*, hot ointment prepared out of meat or *veśvāra* added with unctuous substance, should be applied. It should be fomented according to *nāḍi sveda* method while the bloodletting should also be performed with deer horn, *alābu* or leeches for several times.

(Cakradatt)

पित्तार्बुदे क्रियाक्रमः–

स्वेदोपनाहा मृदवश्च पथ्याः पित्तार्बुदे कायविरेचनञ्च ।।४६।।

46. Treatment of *Pittārbuda*: Mild *svedana* (fomentation) and *upanāha* (application of hot ointment) therapies are useful in *pittārbuda*. To such patients purgative therapy should be given. He should also be given easily digestible eatables.

(Cakradatt)

पित्तार्बुदे घर्षलेपौ–

विघृष्य चोदुम्बरशाकगोजापत्रैर्भृशंक्षौद्रयुतैः प्रलिम्पेत् ।
श्लक्ष्णीकृतैः सर्जरसप्रियङ्गुपत्तङ्गलोध्राञ्जनयष्टिकाह्वैः ।।४७।।

47. The tumour should be rubbed with the leaves of the plants *udumbara*, *śāka* and *goji* repeatedly, and thereafter, the fine *kalka* of *sarja rasa*, *priyangu*, *pattañga*, *lodhra*, *arjuna* and *ariṣṭa* mixed with honey should be applied. Repeating the medication checks indisposition caused by *pittārbuḍa*.

(Cakradatt)

कफार्बुदनाशनो लेपः–

लेपनं शङ्खचूर्णेन सह मूलकभस्मना । कफार्बुदापहं कुर्याद् ग्रन्थ्यादिषु विशेषतः ।।४८।।

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48. Treatment of Kaphārbuda:

In *kaphaja* type of *arbuda*, the *kalka* of *śankha bhasma* and the *kṣāra* (alkali preparation) of *mūlaka* should be applied externally.

(Cakradatt)

निष्पावपिण्याककुलत्थकल्कै–र्मांसप्रगाढैर्दधिमर्दितैस्तु ।
लेपं विदध्यात् क्रिमयो यथाऽत्र मुञ्चन्त्यपत्यान्यथ मक्षिकाश्च ।।४९।।
अल्पावशिष्टं क्रिमिभिः प्रजग्धं–लिखेत्ततोऽग्निं विदधीत पश्चात् ।
यदल्पमूलं त्रपुताम्रसीसैः–संवेष्ट्य पत्रैरथवाऽऽयसैर्वा ।।५०।।
क्षाराग्निशस्त्राण्यवतारयेच्च मुहुर्मुहुः प्राणमवेक्षमाणः ।
यदृच्छया चापगतानि पाकं पाकक्रमेणोपचरेद् यथोक्तम् ।।५१।।

49-51. The *kalka* of *niṣpāva*, *piñyāka*, *kulattha* and meat triturated with curd should be applied externally till worms (*kṛimis*) and flies (*makṣika*) lay their eggs on it and eat away a part of the tumour. Then the tumour should be scraped and cauterized. Subsequently, the sessile stump of the tumour should be surrounded with tin, copper, lead or iron foils while the *kṣāra* (alkali preparations), *agni* (cauterization) as well as *śastra* (surgical operation) therapies should be employed carefully keeping in view the vitality of the patient. If the tumour gets suppurated of its own (without any external aid), then it should be treated on the lines suggested for suppurated ulcers.

अर्बुदशेषे दोषनिर्देशः–

सशेषदोषाणि हि योऽर्बुदानि–करोति तस्याशु पुनर्भवन्ति ।
तस्मादशेषाणि समुद्धरेत्तु हन्युः सशेषाणि यथा विषाग्नी ।।५२।।

52. If a tumour is not alleviated completely and if a little part of it is left, that tumour would redeem as before. Because the remaining part of tumour can torture the patient again like a fire, therefore, tumour should be removed completely.

(Cakradatt)

उपोदिकारसप्रयोगः–

उपोदिकारसाभ्यक्तास्तत्पत्रपरिवेष्टिताः । प्रणश्यन्त्यचिराद्नृणां पिडकार्बुदजातयः ।।५३।।

53. Habitual intake of the juice of *upodikā* and surrounding the growth with the leaves of this plant cure *pīḍaka* (pimples) and *arbuda* (tumour).

(Cakradatt)

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उपोदिकोपनाहः–

उपोदिका काञ्जिकतक्रपिष्टा तयोपनाहो लवणेन मिश्रः ।
दृष्टोऽर्बुदानां प्रशमाय कैश्चिद् दिने दिने रात्रिषु मर्मजानाम् ।।५४।।

54. Application of the hot ointment (*upanāha*) prepared out of *upodikā* added with *kānji* or buttermilk and rock salt during daytime cures *arbuda*. If the *arbuda* is located in a vital organ, then this ointment should be applied during night.

(Cakradatt)

अर्बुदहरौ लेपौ–

लेपोऽर्बुदजिद्रम्भामोचकभस्मतुषशङ्खचूर्णकृतः।
सरटरुधिरार्द्रगन्धकयवाग्रजविडङ्गनागरैर्वाऽथ।।५५।।

55. Application of the *kalka* of the *kṣāra* of *rambhā*, *mocaka*, *tuṣa*, *śankha bhasma*, *saraṭa*, *rudhira*, *ārdraka*, *gandhaka*, *yavakṣāra*, *viḍanga* and *śunṭhī* cures *arbuda*. Likewise, coating the tumour with powders of equal parts of purified *gandhaka*, *yavakṣāra*, *vāyaviḍanga* and dried ginger along with blood of *goji* (chameleon) is another method to cure *arbuda*.

(Cakradatt)

स्नुह्यादिस्वेदः–

स्नुहीगण्डीरिकास्वेदो नाशयेदर्बुदानि च । सीसकेनाथ लवणैः पिण्डारकफलेन च ।।५६।।

56. Take the stem of plant *snuhī* and remove its thorns. Cut it into small pieces and pack them in a wet piece of cloth. Warm it up on fire and use the pack to foment *arbuda* while it is still lukewarm. Application of this *kalka* cures *meda* generated cases of *arbuda*. One could also use pack of salt or pack of *pinḍāraka phalā* for fomenting the tumour.

(Cakradatt)

मेदोऽर्बुदे लेपः–

हरिद्रालोध्रपत्तङ्गगृहधूममनःशिलाः।मधुप्रगाढो लेपोऽयं मेदोऽर्बुदहरः परः ।।५७।।

57. *Haridrā*, *lodhra*, *patañga*, *gṛiha dhūma* and *manahśilā* should be made to a *kalka* by adding adequate quantity of honey. Application of this *kalka* cures *medoja arbuda*.

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शर्करार्बुदचिकित्सा–

एतामेव क्रियां कुर्यादशेषां शर्करार्बुदे ।।५८।।

58. All the above mentioned therapies are also useful in the treatment of *Śarkarārbuda* (tumour caused by sugar).

रौद्ररसः–

शुद्धसूतं समं गन्धं मर्द्यं यामचतुष्टयम् । नागवल्लीदलयुतं मेघनादपुनर्नवा ।।५९।।
गोमूत्रपिप्पलीयुक्तं मर्द्यं रुद्ध्वा पुटेल्लघु । लिहेत् क्षौद्रैरसो रौद्रो गुञ्जमात्रोऽर्बुदं जयेत् ।।६०।।

59-60. Raudra Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, juice of betel leaves, decoction of *pañcānga* of *tanḍulīya*, decoction of *punarnavā's* root or juice of its leaves, cow urine and decoction of *pippalī*.

Process of Drug-Making: Take equal parts of purified *pārada* and purified *gandhaka*. Churn them finely and prepare a very blackish *kajjalī* out of it. Then triturate this *kajjalī* along with the following juices separately for three hours each: add to it juice of betel leaves, decoction of *pañcānga* of *tanḍulīya*, decoction of *punarnavā's* root or juice of its leaves, cow urine and decoction of *pippalī*. Place the compound in a *śarāva saṁpuṭa* and close it with a cloth treated with mud. Dry the same and cook the drug through the *laghu puṭa* method. Take out the medicine when the *saṁpuṭa* cools down on its own. Triturate this medicine into fine powder and preserve the same in glass bottle. This medicine is known as *Raudra Rasa*.

Method of use/Administration: Consume this medicine in doses of 125 mg. during morning hours and similar dose during evening hours also along with honey.

Therapeutic benefits: This would effectively cure tumour problems.

काञ्चनारगुडिका–

त्रिफलायास्त्रयोभागाव्योषाच्चद्विगुणोमतः । तस्माच्च द्विगुणं ज्ञेयं काञ्चनारस्य वल्कलम् ।।६१।।
एकीकृतेतुचूर्णेऽस्मिन्समोदेयोऽथगुग्गुलुः । क्षौद्रं दशगुणं दद्यात् त्रिफलाचूर्णतो भिषक् ।।६२।।
सर्वासु गण्डमालासु गलगण्डे तथैव च । नाडीव्रणेषु गण्डेषु गुडिकेयं प्रशस्यते ।।६३।।

61-63. Get 3 parts of *triphalā* (having mixture of equal quantity of its ingredients), 6 parts of *vyoṣa* (also having equal quantity of its ingredients) and bark of *kāncanāra* (18 parts). Combine all these materials together and powder

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them. Take *guggulu* equivalent to the combined weight of all the materials (i.e. 36 parts) and dissolve it in decoction of *triphalā*. Subsequently, take honey 10 times greater than *triphalā* (i.e. 30 parts) and collect all the materials in a mortar. When the compound is saturated due to continuous triturate ing, prepare pills measuring 3 gm. each and preserve them in glass bottles after drying the same. This medicine is known as *Kāncanārguḍikā* and is capable of curing all types of *ganḍamāla*, *galaganḍa*, *nāḍivraṇa* and the like.

काञ्चनारगुग्गुलुः–

काञ्चनारस्य गृह्णीयात् त्वचं पञ्चपलोन्मिताम् । नागरस्य कणायाश्च मरिचस्य पलं पलम् ।।६४।।
पथ्याबिभीतधात्रीणां पलमर्द्धं पृथक् पृथक् । वरुणस्याक्षमेकञ्च पत्रकैलात्वचां पुनः ।।६५।।
टङ्कं टङ्कं समादाय सर्वाण्येकत्र चूर्णयेत् । यावच्चूर्णमिदं सर्वं तावानेवात्र गुग्गुलुः ।।६६।।
सङ्कुट्य सर्वमेकत्र पिण्डं कृत्वा विधारयेत् । गुटिका माषिकाः कृत्वा प्रभाते भक्षयेन्नरः ।।६७।।
गलगण्डं जयत्युग्रमपचीमर्बुदानि च । ग्रन्थीन् व्रणानि गुल्मांश्च कुष्ठानि च भगन्दरम् ।।६८।।
प्रदेयश्चानुपानार्थंक्वाथोमुण्डतिकाभवः । क्वाथःखदिरसारस्यक्वाथःकोष्णोऽभयाभवः ।।६९।।

64-69. Kāncanāra Guggulu:

Ingredients: Bark of *kāncanāra*, dried ginger, *pippalī*, black pepper, *haraḍa*, *vibhītaka*, *āmalakī*, *varuṇa's* bark, cassia leaves, seeds of smaller cardamom, cinnamon bark, purified *guggulu* and decoction of *triphalā*.

Process of Drug-Making: Get bark of *kāncanāra* (240 gm.), dried ginger, *pippalī* and black pepper (50 gm. each). Also take 25 gm. each of *haraḍa*, *vibhītaka* and *āmalakī*, 12 gm. of *varuṇa's* bark and 3 gm. each of the cassia leaves, seeds of smaller cardamom and cinnamon bark. Triturate all the materials and sieve them to obtain a fine powder. Add to it purified *guggulu* equivalent to the weight of this powder (i.e. 485 gm.). Dissolve this mixture in decoction of *triphalā* and triturate the compound properly. Finally, prepare pills measuring 1 gm. each. Dry and preserve them in glass bottles. This medicine is known as *Kāncanāra Guggulu*.

Method of use/Administration: Consume this medicine in doses of one pill daily during morning and evening hours. One can serve decoctions of *muṇḍī*, decoction of *khadira* plant's bark and lukewarm decoction of *haraḍa* as *anupānas*.

Therapeutic benefits: This medicine would help in alleviating the indispositions of severe *galaganḍa*, *apācī*, tumour, *granthiroga*, *vraṇa*, *gulma*, *kuṣṭha* and *bhagandara*.

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तुम्बीतैलम् (गलगण्डे)–

विडङ्गक्षारसिन्धूत्थरास्नाऽग्निव्योषदारुभिः । कटुतुम्बीफलरसे कटुतैलं विपाचितम् ।।७०।।
चिरोत्थमपि नस्येन गलगण्डं विनाशयेत् ।।७१।।

70-71. Tumbī Tailam:

Ingredients: *Mūrcchita* mustard oil, *kalka* of *viḍanga*, *kṣāra*, rock salt, *rāsnā*, *agni*, *vyoṣa*, *dāru* and juice of the fruit of *kaṭu tumbī*.

Process of Drug-Making: *Mūrcchita* mustard oil (750 ml.) should be cooked along with the *kalka* of *viḍanga*, *kṣāra*, rock salt, *rāsnā*, *agni*, *vyoṣa* and *dāru* (20 gm. each) and the juice of the fruit of *kaṭu tumbī* (3 litres).

Method of use/ Administration and Therapeutic benefits: *Nasya* (inhalation) of this medicated oil cures even the chronic cases of *galaganḍa* (goitre).

(Cakradatt)

अमृताद्यं तैलम् (गलगण्डे)–

तैलं पिबेच्चामृतवल्लिनिम्बहिंस्राह्वयावत्सकपिप्पलीभिः ।
सिद्धं बलाभ्याञ्च सदेवदारु हिताय नित्यं गलगण्डरोगे ।।७२।।

72. Amṛitādya Tailam:

Ingredients: *Mūrcchita* sesame oil, *kalka* of *amṛitā vallī*, *nimba*, *himsra*, *abhayā*, *vāsaka*, *pippalī*, decoction of *balā*, *nāgabalā* and *devadāru*.

Process of Drug-Making: *Mūrcchita* sesame oil (750 ml.) should be cooked along with the *kalka* of *amṛitā vallī*, *nimba*, *himsra*, *abhayā*, *vāsaka* and *pippalī* (23 gm. each), as well as the decoction of *balā*, *nāgabalā* as well as *devadāru* (750ml. each).

Method of use/ Administration and Therapeutic benefits: The drug should be consumed in doses of 5-12 ml. daily along with the milk or lukewarm water by a patient suffering from *galaganḍa* (goitre).

(Cakradatt)

सिन्दूरादितैलम् (गण्डमालायाम्)–

चक्रमर्दकमूलस्य कल्कं कृत्वा विपाचयेत् । केशराजरसे तैलं कटुकं मृदुनाऽग्निना ।।७३।।
पाकशेषे विनिक्षिप्य सिन्दूरमवतारयेत् । एतत्तैलं निहन्त्याशु गण्डमालां सुदारुणाम् ।।७४।।

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73-74. Sindūrādi Tailam:

Ingredients: Root of *cakramarda*, water, juice of *keśarāja*, *mūrcchita* mustard oil and *sindūra*.

Process of Drug-Making: Get 185 gm. of root of *cakramarda*. Powder and triturate it along with water to obtain *kalka*. Take juice of *keśarāja* (3 litres) and *mūrcchita* mustard oil (750 ml.). Combine all the materials including the *kalka* and cook the preparation on a slow heat. When only little quantity of the preparation is left, add to it 36 gm. measure of *sindūra* and remove it from the stove.

Method of use/Administration and Therapeutic benefits: This oil is known as *Sindūrādi Tailam*, application of this oil through *abhyanga* (massage) would relieve one from severe *gaṇḍamāla* indispositions.

(*Bhāvaprakāśa*)

छुच्छुन्दरीतैलम् (गण्डमालायाम्)–

छुच्छुन्दर्या पिवक्वञ्च क्षणात्तैलवरं ध्रुवम् । अभ्यङ्गान्नाशयेन्नृणां गण्डमालां सुदारुणाम् ।।७५।।

75. Chuchundarī Tailam:

Ingredients: *Mūrcchita* oil, decoction of *chuchundarī* and *kṣāra* (alkali preparation).

Process of Drug-Making: Get *mūrcchita* oil (250 ml.) cooked along with the decoction of *chuchundarī* (60 gm.).

Method of use/Administration: It should be used for massage.

Therapeutic benefits: It cures *gaṇḍamāla*.

(Cakradatt)

शाखोटकबिम्बाद्ये तैले (गण्डमालायाम्)–

गण्डमालापहं तैलं सिद्धं शाखोटकत्वचा । बिम्ब्यश्वमारनिर्गुण्डीसाधितं वाऽपि नावनम् ।।७६।।

76. Śākhoṭaka Bimbādya Tailam:

Ingredients: *Mūrcchita* oil, bark of *śākhoṭaka*, *bimbi*, *aśvamāra* and *nirgunḍī*.

Process of Drug-Making: Get *mūrcchita* oil (250 ml.) cooked along with the bark of *śākhoṭaka*(60 gm.), *bimbi*, *aśvamāra* and *nirgunḍī* (20 gm. each).

Method of use/Administration: It should be used for *nasya* (inhalation) therapy.

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Therapeutic benefits: It cures *gaṇḍamāla* (lymphadenitis).

(Cakradatt)

निर्गुण्डीतैलम् (गण्डमालायाम्)–

निर्गुण्डीस्वरसेवाऽथलाङ्गलीमूलकल्कितम् । तैलं नस्यान्निहन्त्याशुगण्डमालां सुदारुणाम् ।।७७।।

77. Nirgundī Tailam:

Ingredients: *Mūrcchita* oil, juice of *nirgundī* and the *kalka* of *lāngalī*.

Process of Drug-Making: Get *mūrcchita* oil (250 ml.) cooked along with juice of *nirgundī* (1 litre) and the *kalka* of *lāngalī* (60 gm.).

Method of use/Administration: It should be used for *nasya* (inhalation) therapy.

Therapeutic benefits: It quickly cures serious type of *gaṇḍamāla* (lymphadenitis).

(Cakradatt)

व्योषाद्यं तैलम् (अपच्याम्)–

व्योषं विडङ्गं मधुकं सैन्धवं देवदारु च । तैलमेभिः शृतं न स्यात् कृच्छ्रामप्यपचीं जयेत् ।।७८।।

78. Vyoṣādya Tailam:

Ingredients: *Mūrcchita* oil, *vyoṣa*, *viḍanga*, *madhuka*, *saindhava* and *devadāru*.

Process of Drug-Making: Get *mūrcchita* oil (250 ml.) cooked along with *vyoṣa*, *viḍanga*, *madhuka*, *saindhava* and *devadāru*(8 gm. each).

Method of use/Administration: Use the oil through *nasya* (inhalation).

Therapeutic benefits: It cures serious type of *apācī*.

(Cakradatt)

चन्दनाद्यं तैलम् (अपच्याम्)–

चन्दनं साभया लाक्षा वचा कटुकरोहिणी । एतैस्तैलं शृतं पीतं समूलामपचीञ्जयेत् ।।७९।।

79. Candanādya Tailam:

Ingredients: *Mūrcchita* oil, *candana*, *abhayā*, *lākṣā*, *vacā* and *kaṭu rohiṇī*.

Process of Drug-Making: Get *mūrcchita* oil (250 ml.) cooked along with *candana*, *abhayā*, *lākṣā*, *vacā* and *kaṭu rohiṇī* (12 gm. each).

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Method of use/Administration: Use the oil through *nasya* (inhalation).

Therapeutic benefits: It cures *apācī* and uproots the disease.

(Cakradatt)

गुञ्जाद्यं तैलम् (अपच्यादिषु)–

गुञ्जाहयारिश्यामार्कसर्षपैर्मूत्रसाधितम् । तैलन्तु दशधा पश्चात्कणालवणपञ्चकैः ।।८०।।
मरिचैश्चूर्णितैर्युक्तं सर्वावस्थागतां जयेत् । अभ्यङ्गादपचीं नाडीं वल्मीकार्शोऽर्बुदव्रणान् ।।८१।।

80-81. Guñjādya Tailam:

Ingredients: *Mūrcchita* oil, *guñjā*, *aśvamāra*, *śyāmā*, *arka*, *sarṣapa*, cow's urine, powder of *kaṇā*, *pañca lavaṇa* and *marica*.

Process of Drug-Making: *Mūrcchita* oil (1 litre) should be cooked along with the *kalka* of the *guñjā*, *aśvamāra*, *śyāmā*, *arka*, *sarṣapa* (50 gm. each) and cow's urine (1 litre) for ten consecutive times. To this medicated oil, the powder of *kaṇā*, *pañca lavaṇa* and *marica* should be added.

Method of use/Administration: Use this oil for massage.

Therapeutic benefits: Massage with this recipe cares *apācī*, *nāḍi vraṇa* (sinus), *vālmīka* (ant-hill like tumour), piles and anal ulcer.

(Cakradatt)

गलगण्डादिषु पथ्यानि–

छर्दिर्विरेचनं नस्यं स्वेदो धूमः शिराव्यधः । अग्निकर्म क्षारयोगः प्रलेपो लङ्घनानि च ।।८२।।
पुराणघृतपानञ्च जीर्णलोहितशालयः । यवा मुद्गाः पटोलाश्च रक्तशिग्रुकठिल्लकम् ।।८३।।
शालिञ्चशाकं वेत्राग्रं रूक्षाणि च कटूनि च । दीपनानि च सर्वाणि गुग्गुलुश्च शिलाजतु ।।८४।।
गलगण्डगण्डमालाऽपचीग्रन्थ्यर्बुदातुरे । यथादोषं यथाऽवस्थं पथ्यमेतत्प्रकीर्त्तयेत् ।।८५।।

82-85. The following measures and products are recommended for the patients suffering from *galaganḍa*, *ganḍamāla*, *apācī*, *granthi* and *arbuda* disorders: *vamana*, *virecana*, *nasya*, *svedana*, blood letting, *agnikarma* (cauterization), *kṣāraprayoga*, *pralepa*, *langhaṇa* (fasting), consuming old *ghṛitam*, old and red *ṣaṣṭhi* rice, barley, *mudga*, leaves of *paṭola*, leaves of red *śigru* plant, *kārvellaka*, *śāli nca* leaves, leaves of *vetāgra*, eatables containing *rūkṣa*, *kaṭu* and digestive properties, purified *guggulu*, purified *śilājātu*and the like.

(*Yoga Ratnākar*)

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अपथ्यानि–

क्षीरेक्षुविकृतिः सर्वा मांसं चानूपसंभवम् । पिष्टान्नमम्लं मधुरं गुर्वभिष्यन्दकारि च ।।८६।।
गलगण्डगण्डमालाऽपचीग्रन्थ्यर्बुदामयान् । चिकित्सन्नगदङ्कारो यशोऽर्थी परिवर्जयेत् ।।८७।।

86-87. The following measures and products are considered as harmful and as such are prohibited for the patients of *galaganḍa*, *ganḍamāla*, *apācī*, *granthi* and tumours: products of milk like cream, curd, sweets, products of sugarcane, jaggery, *piṣṭhi* of *māṣa*, meat of animals and birds living in marshy areas, products of *urāda* (pulse), citrus and sweet products, incompatible food and *kledi* products.

(*Yoga Ratnākar*)

इति भैषज्यरत्नावल्यां गलगंडादिरोगचिकित्साप्रकरणम् ।।४४।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां गलगण्डादिरोगचिकित्साप्रकरणम् ।।४४।।

End of the Chapter 44 of Bhaiṣajya Ratnāvalī with Commentary

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अथ श्लीपदचिकित्साप्रकरणम् ४५

Chapter 45
Ślīpada (Filariasis)

श्लीपदे क्रियाक्रमः–

लङ्घनालेपनस्वेदरेचनै रक्तसेचनैः । प्रायः श्लेष्महरैरुष्णैः श्लीपदं समुपाचरेत् ।।१।।

1. Process of Treatment: *Langhaṇa* (fasting), external application (*lepana*), *svedana* (fomentation), *virecana* (purgation), blood-letting and such other therapies as are hot and alleviator of *kapha* should be used for the treatment of *ślīpada* (filariasis).

(Cakradatt)

धुस्तूरादिलेपः–

धुस्तूरैरण्डनिर्गुण्डीवर्षाभूशिग्रुसर्षपैः । प्रलेपः श्लीपदं हन्ति चिरोत्थमपि दारुणम् ।।२।।

2. Dhūsturādi Lepa:

Ingredients: *Dhatturā*, *eraṇḍa*, *nirgunḍī*, *varṣābhū*, *śigru* and *sarṣapa*.

Process of Drug-Making: Get *kalka* of *dhatturā*, *eraṇḍa*, *nirgunḍī*, *varṣābhū*, *śigru* and *sarṣapa*.

Method of use/Administration: Use it for external application.

Therapeutic benefits: It cures even serious and chronic types of *ślīpada* (filariasis).

(Cakradatt)

श्वेतार्कमूललेपः–

निष्पिष्टमारनालेन रूपिकामूलवल्कलम् । प्रलेपाच्छ्लीपदं हन्ति बद्धमूलमपि स्थिरम् ।।३।।

3. Śvetārkamūla Lepa:

Ingredients: Root-bark of *rupikā*, *aranāla* (a type of sour drink).

Process of Drug-Making: Get *kalka* prepared of the root-bark of *rupikā* by triturating it along with *aranāla* (a type of sour drink).

Therapeutic benefits: Application of this *kalka* cures even deep-seated and compact type of *ślīpada* (filariasis).

(Cakradatt)

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वन्दाकशिफाप्रयोगः–

पिण्डारकतरुसम्भववन्दाकशिफाजयतिसर्पिषापीता। श्लीपदमुग्रंनियतंबद्धासूत्रेणजङ्घायाम् ।।४।।

4. Intake of the root of *vandāka* growing over *pinḍāraka* tree along with *ghṛitam* certainly cures serious type of *ślīpada*. This along with *ghṛitam* is also a good recipe for the serious type of *ślīpada*. This root should also be tied over the thigh for the cure of *ślīpada* (filariasis).

(Cakradatt)

चित्रकादयश्चत्वारो लेपाः–

हितश्चालेपने नित्यं चित्रको देवदारु वा । सिद्धार्थशिग्रुकल्को वा सुखोष्णो मूत्रपेषितः ।।५।।

5. Citrakādyaścatvāra Lepa:

Ingredients: *Citraka*, *devadāru*, *siddhārtha*, *śigru* and cow's urine.

Process of Drug-Making: Prepare *kalka* of *citraka*, *devadāru*, *siddhārtha* and *śigru* by triturating them along with cow's urine.

Therapeutic benefits: Regular application of this lukewarm *kalka* is useful in *ślīpada* (filariasis).

(Cakradatt)

वातजश्लीपदे क्रियाक्रमः–

स्नेहस्वेदोपनाहांश्च श्लीपदेऽनिलजे भिषक् । कृत्वा गुल्फोपरि शिरां विध्येत्तु चतुरङ्गुले ।।६।।

6. Treatment of *Vātika Ślīpada*: *Snehana* (oleation) therapy, *svedana* (fomentation) therapy and *upanāha* (application of hot ointment) should be used for *vātika* type of *ślīpada*. Thereafter, venesection should be performed four *angulas* (finger breadth) above the ankle joint.

(Cakradatt)

पित्तजश्लीपदे क्रियाक्रमः–

गुल्फस्याधः शिरां विध्येच्छ्लीपदेसम्भवे । पित्तघ्नीञ्च क्रियां कुर्यात्पित्तर्बुदविसर्पवत् ।।७।।

7. Treatment of *Paittika Ślīpada*: In *paittika* type of *ślīpada*, venesection should be performed below the ankle joint and the *pitta* alleviating therapies should be administered as suggested for *paittika* type of *arbuda* (tumour) and *visarpa* (erysipelas).

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मञ्जिष्ठादिलेपः–

मञ्जिष्ठां मधुकं रास्नां सहिंस्नां सपुनर्नवाम् । पिष्ट्वाऽऽरनालैर्लेपोऽयं पित्तश्लीपदशान्तये ।।८।।

8. Manjiṣṭhādi Lepa:

Ingredients: *Manjiṣṭhā*, *madhuka*, *rāsnā*, *himsra*, *punarnavā* and *aranāla* (a type of sour drink).

Process of Drug-Making: Prpeare *kalka* of *manjiṣṭhā*, *madhuka*, *rāsnā*, *himsra* and *punarnavā* by triturating them along with *aranāla* (a type of sour drink).

Therapeutic benefits: Application of this *kalka* cures *ślīpada* (filariasis).

(Cakradatt)

कफजश्लीपदे क्रियाक्रमः–

शिरां सुविदितां विध्येदङ्गुष्ठे श्लेष्मश्लीपदे । मधुयुक्तानि वा तीक्ष्ण कषायाणि पिबेन्नरः ।।९।।

9. For the treatment of *Kaphaja Ślīpada*, venesection should be performed over the great toe. The patient should be given the decoctions of drugs having *tīkṣana* (sharp) attribute along with honey.

(Cakradatt)

सर्वश्लीपदोपचारः–

पिबेत्सर्षपतैलेन श्लीपदानां निवृत्तये । पूतीकरञ्जच्छदजं रसं वाऽपि यथाबलम् ।।१०।।

10. The juice of the leaves of *pūtikarañja* (46 ml.) should be taken along with mustard-oil (25 ml.) in a suitable dose depending upon the strength of the patient. It cures *ślīpada*.

(Cakradatt)

पुत्रजीवकवृद्धदारकादियोगद्वयम्–

अनेनैव प्रकारेण पुत्रजीवकजं रसम् । काञ्जिकेन पिबेच्चूर्णं मूत्रैर्वा वृद्धदारजम् ।।११।।

11. Similarly, the juice of *putranjīvaka* (12 ml.) should be given along with *kānji* (a type of sour drink) (12 ml.) or one should take the powder of *vṛiddhadāraka* (3 gm.) along with cow's urine (50 ml.).

(Cakradatt)

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रजनीचूर्णप्रयोगः–

रजनीं गुडसंयुक्तां गोमूत्रेण पिबेन्नरः । वर्षस्थं श्लीपदं हन्ति दद्रुकुष्ठं विशेषतः ।।१२।।

12. Intake of turmeric (3 gm.) and jaggery (8 gm.) along with cow's urine (50 ml.) cures *ślīpada* that are one year old. This recipe is especially useful for *dadru* (ring worm) type of skin disease.

(Cakradatt)

हरीतकीचूर्णप्रयोगः–

गन्धर्वतैलभृष्टां हरीतकीं गोजलेन यः पिबति । श्लीपदबन्धनमुक्तो भवत्यसौ सप्तरात्रेण ।।१३।।

13. Intake of *harītakī* (3 gm.) fried in castor oil along with cow's urine (50 ml.) for seven days cures *ślīpada* (filariasis).

(Cakradatt)

धान्याम्लप्रयोगः–

धान्याम्लं तैलसंयुक्तं कफवातविनाशनम् । दीपनञ्चामदोषघ्नमेतच्छ्लीपदनाशनम् ।।१४।।

14-16. Intake of *dhānyamla* (a type of sour drink) (50 ml.) along with oil (50 ml.) alleviates *kapha* and *vāta* and undoubtedly cures fever caused by *ślīpada* (filariasis). It also promotes the power of digestion.

(Cakradatt)

गोधावतीमूलादिप्रयोगः–

गोधावतीमूलयुक्तां खादेन्माषेण्डरी नरः । जयेच्छ्लीपदकोपोत्थं ज्वरं सद्यो न संशयः ।।१५।।

Intake of the roots of *godhāvatī* plant and the pulse of *māṣa* in equal parts alleviates *ślīpada* and undoubtedly cures the fever associated with the disease.

(Cakradatt)

गुडूचीस्वरसप्रयोगः–

श्लीपदघ्नो रसोऽभ्यासाद् गुडूच्यास्तैलसंयुतः ।।१६।।

Similarly, the juice of *guḍūcī* (25 ml.) along with oil (25 ml.) should be taken twice a day for the cure of *ślīpada*.

(Cakradatt)

वृद्धदारकसमचूर्ण–

त्रिकटुत्रिफलाचव्यं दार्वीविरुणगोक्षुरम् । अलम्बुषां गुडूचीञ्च समभागानि चूर्णयेत् ।।१७।।
सर्वेषां चूर्णमाहृत्य वृद्धदारस्य तत्समम् । काञ्जिकेन च तत्पेयमक्षमात्रं प्रमाणतः ।।१८।।

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जीर्णे चापरिहारं स्याद् भोजनं सार्वकामिकम् । नाशयेच्छ्लीपदं स्थौल्यमामवातञ्च दारुणम् ।।
गुल्मकुष्ठानिलहरं वातश्लेष्मज्वरापहम् ।।१९।।

17-19. Vṛiddhadāraka Sama Cūrṇam:

Ingredients: *Tṛikaṭu* herbs, *tṛiphalā* herbs, *cavya*, *dārvī*, *varuṇa*, *gokṣura*, *alambuṣa*, *guḍūcī* and *vṛiddhadāraka*.

Process of Drug-Making: Take 1 part each of *tṛikaṭu* herbs, *tṛiphalā* herbs, *cavya*, *dārvī*, *varuṇa*, *gokṣura*, *alambuṣa* and *guḍūcī* along with 12 parts of *vṛiddhadāraka*. Compound them together into a powder.

Method of use/Administration: Consume this powder in doses of 3 gm. along with *kānji*. After the potion is digested, the patient should take food as per his desire.

Therapeutic benefits: It cures *ślīpada* (filariasis), obesity, serious type of *āmavāta* (artheritis), *gulma* (phantom tumour), *kuṣṭha* (skin diseases including leprosy), diseases caused by *vāta* and fever caused by *vāta* as well as *kapha*.

(Cakradatt)

पिप्पल्याद्यंचूर्णम्–

पिप्पली त्रिफला दारु नागरं सपुनर्नवम् । भागैर्द्विपलिकैरेषां तत्समं वृद्धदारकम् ।।२०।।
काञ्जिकेन पिबेच्चूर्णं कर्षमात्रं प्रमाणतः । जीर्णे चापरिहारं स्याद्भोजनं सार्वकामिकम् ।।२१।।
श्लीपदं वातरोगाश्च हन्यात्प्लीहानमेव च । अग्निञ्च कुरुते घोरं भस्मकञ्च नियच्छति ।।२२।।

20-22. Pippalīādya Cūrṇam:

Ingredients: *Pippalī*, *tṛiphalā* herbs, *devadāru*, *nāgara*, *punarnavā* and *vṛiddhadāraka*.

Process of Drug-Making: Get 13 gm. each of *pippalī*, *tṛiphalā* herbs, *devadāru*, *nāgara* and *punarnavā* along with *vṛiddhadāraka* equivalent to the combined weight all the materials (i.e. 92 gm.). Compound them into a powder.

Method of use/Administration: Consume this powder in doses of 12 gm. along with *kānji*. After the digestion of this potion, the patient should take food as per his desire.

Therapeutic benefits: This cures *ślīpada* (filariasis), diseases caused by *vāta* and spleen related enlargement. It stimulates the power of digestion and cures the cases of *bhasmaka* (voracious eating).

(Cakradatt)

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मदनादिलेपः (वृ. नि. र. श्ली.)–

मदनञ्च तथा सिक्थं सामुद्रलवणं तथा । महिषीनवनीतेन सन्तप्तं लेपनं हितम् ।।२३।।
सप्ताहात् स्फुटितौ पादौ जायेते कमलोपमौ ।।२४।।

23-24. Madanādi Lepa:

Ingredients: *Madana phala*, *samudra lavaṇa*, wax and buffalo's *ghṛitam*.

Process of Drug-Making: Take 12 gm. each of *madana phala* and *samudra lavaṇa* along with 12 gm. measure of wax and 12 gm. measure of buffalo's *ghṛitam*. Combine all these materials and heat the preparation over fire. Let the materials melt and then triturate them. Prepare a *kalka* out of it and store the same in glass bottle.

Method of use/Administration: Apply this *kalka* as ointment for seven consecutive days.

Therapeutic benefits: It helps getting relief from cracks of the soul. This would make the feet appear as soft and as gentle as the lotus flower.

(*Bṛ.Ni.Ra*)

कृष्णाद्यो मोदकः–

कृष्णाचित्रकदन्तीनां कर्षमर्द्धपलं पलम् । विंशतिञ्च हरीतक्या गुडस्य तु पलद्वयम् ।
मधुना मोदकं खादञ्च्छ्लीपदं हन्ति दुस्तरम् ।।२५।।

25. Kṛiṣṇādya Modaka:

Ingredients: *Kṛiṣṇā*, *citraka*, *dantī*, *harītakī*, *guḍa* and honey.

Process of Drug-Making: Obtain the following: *kṛiṣṇa* (12 gm.), *citraka* (23 gm.) and *dantī* (46 gm.) *harītakī* (20 fruits) and *guḍa* (95 gm.). Compound all these ingredients together and mix the powder with honey (95 gm.) to prepare *modaka* measuring 5 gm. each.

Method of use/Administration: Consume one *modaka* during evening hours.

Therapeutic benefits: It cures serious type of *ślīpada* (filariasis).

(Cakradatt)

अथ रसप्रयोगः–

श्लीपदारिः–

निम्बं खदिरसारञ्च मधुना चाष्टमाषकम् । गवां मूत्रेण पिष्ट्वा तु पिबेच्छ्लीपदशान्तये ।।२६।।

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26. Obtain equal parts of bark of *nimba* and *khadirasāra*. Mix these two materials and pulverizethe same. Sieve the compound and store it in glass bottle. Take 8 gm. of this drug and lick it along with honey. Following this drink cow urine (50 ml.). This measure would effectively check elephantiasis (*ślīpada*).

श्लीपदगजकेशरी–

व्योषामृतं यमानी च सूतोऽग्निर्गन्धकं शिला । सौभाग्यं जयपालञ्च चूर्णमेकत्र कारयेत् ।।२७।।
भृङ्गगोक्षुरजम्बीरार्द्रकतोयैर्विमर्दयेत् । अस्य रक्तिद्वयं खादेदुष्णतोयानुपानतः ।।२८।।
श्लीपदं दुस्तरं हन्ति प्लीहानं हन्ति सेवितः ।।२९।।

27-29. Ślīpadagajakeśari:

Ingredients: Dried ginger, *marica*, *pippalī*, purified *vatsanābha*, caraway seeds, purified *pārada*, bark of *citraka*, purified *gandhaka*, purified *manahśilā*, purified borax, purified seeds of *jayapāla*, juice of *bhṛingarāja*, decoction of *gokṣura*, juice of *jambīra* lemon and juice of lemon.

Process of Drug-Making: Take equal parts of the dried ginger, *marica*, *pippalī*, purified *vatsanābha*, caraway seeds, purified *pārada*, bark of *citraka*, purified *gandhaka*, purified *manahśilā*, purified borax and purified seeds of *jayapāla*. First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials (powdered form) into it. Triturate the mix separately along with juice of *bhṛingarāja*, decoction of *gokṣura*, juice of *jambīra* lemon and juice of lemon for one day each.Subsequenly, prepare pills in measurement of 250 mg. each. Dry these pills and preserve in glass bottle.

Method of use/Administration: Take this medicine in doses of one pill daily during morning and evening hours with warm water.

Therapeutic benefits: This medicine can effectively check indispositions like difficult *ślīpada* and *plīhāvṛiddhi* (enlargement of spleen).

(*Vaidya Kalpadruma*)

नित्यानन्दरसः–

हिङ्गुलसम्भवं सूतं गन्धकं मृतताम्रकम् । कांस्यं वङ्गं हरितालं तुत्थं शङ्खं वराटिका ।।३०।।
त्रिकटु त्रिफला लौहं विडङ्गं पटुपञ्चकम् । चविका पिप्पलीमूलं हवुषा च वचा तथा ।।३१।।
शटी पाठा देवदारु एला चवृद्धदारकम् । त्रिवृता चित्रकं दन्ती गृहीत्वा तु पृथक्-पृथक् ।।३२।।
एतानि समभागानि सञ्चूर्ण्य गुडकीकृतम् । हरीतकीरसं दत्त्वा दशगुञ्जोन्मितं शुभम् ।।३३।।
एकैकं भक्षयेन्नित्यं शीतञ्चानु पिबेज्जलम् । श्लीपदं कफवातोत्थं रक्तमांसाश्रितञ्च यत् ।।३४।।

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मेदोगतं धातुगतं निहन्ति नात्र संशयः । अर्बुदं गण्डमालाञ्च वातरक्तं सुदारुणम् ।।३५।।
कफवातोद्भवं रोगमन्त्रवृद्धि चिरन्तनीम् । वातरक्ते वातकफे गुदरोगे क्रिमौ तथा ।।३६।।
अग्निवृद्धिं करोत्येष बलं वर्णञ्च सुस्थताम् । श्रीमद्गहननाथेन निमितो विश्वसम्पदे ।।३७।।
नित्यानन्दरसश्चायं महाश्लीपदनाशनः । रक्तजे पित्तजे चापि श्लीपदे योजयेदभुम् ।
नातः परतरं किञ्चिद् विद्यते श्लीपदाभये ।।३८।।

30-38. Nityānanda Rasa:

Ingredients: *Hiñgulotha pārada*, purified *gandhaka*, *tāmra bhasma*, *kānsya bhasma*, *vanga bhasma*, purified *haritāla*, purified *tutthaka*, *śankha bhasma*, *kapardika bhasma*, dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *lauha bhasma*, *viḍanga*, all the five types of salt, *cavya*, *pippalīmūla*, *hapuṣa*, *vacā*, *karcūra*, *pāṭhā*, *devadāru*, cardamom, *vṛiddhadāraka*, root of *tṛivṛit* (*niśotha*), bark of *citraka*, *dantī* and decoction of *harītakī*.

Process of Drug-Making: Obtain one part each of the following in powdered form: *Hiñgulotha pārada*, purified *gandhaka*, *tāmra bhasma*, *kānsya bhasma*, *vanga bhasma*, purified *haritāla*, purified *tutthaka*, *śankha bhasma*, *kapardika bhasma*, dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *lauha bhasma*, *viḍanga*, all the five types of salt, *cavya*, *pippalīmūla*, *hapuṣa*, *vacā*, *karcūra*, *pāṭhā*, *devadāru*, cardamom, *vṛiddhadāraka*, root of *tṛivṛit* (*niśotha*), bark of *citraka* and *dantī*.

First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Triturate the mix with the decoction of *harītakī* and prepare pills measuring 1250 mg. each.

Method of use/Administration: Consume this medicine in doses of one pill daily during morning and evening hours before taking meals. Drink cold water as *anupāna*.

Therapeutic benefits: This medicine is very useful in alleviating *ślīpada* disorders generated due to *kapha* and *vāta* in blood, meat and *medo dhātu*. It also checks *arbuda*, *gaṇḍamāla*, severe *vātarakta*, indispositions caused due to vitiated *kapha* and *vāta* and chronic *āntravṛiddhi*. It provides relief in *vātarakta*, *vāta* and *kapha* disorders, *guḍaroga* and worm diseases. It promotes digestive power, power, complexion and physique. It is beneficial in curing *raktaja* and *pittaja ślīpada*. This is the best medicine for treating *ślīpada* indisposition. This medicine has been expounded by Śṛī Gahananāth Jī for the benefit of human kind.

(*Rasendra Sār Sangraha*)

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श्लीपदारिलौहः–

हरीतक्या बिभीतस्य धात्र्याश्चूर्णं सुचूर्णितम् । षट्तोलकप्रमाणेन ग्राह्यं तेषां गुणैषिणा ।।३९।।
तोलद्वयं कान्तलौहचूर्णं तद्वज्छिलाजतु । कृत्वैकत्र समस्तेषु त्रिफलाक्वाथभावना ।।४०।।
श्लीपदाद्यगदध्वंसी सर्वव्याधिविनाशनः । श्लीपदारिरिति ख्यातो लौहो मुनिभिरचितः ।।४१।।

39-41. Śīpadāri Lauha:

Ingredients: *Haraḍa*, *vibhītaka*, *āmalakī*, *kaṇā*, *lauha bhasma*, purified *śilājātu* and decoction of *triphalā*.

Process of Drug-Making: Take 23 gm. each of *haraḍa*, *vibhītaka*, *āmalakī*, *kaṇā*, *lauha bhasma* and purified *śilājatu*. Combine all these materials and impregnate the mix with decoction of *triphalā*. Following this, triturate the mix and prepare pills in measurement of 250 mg. each. Dry these pills and preserve them in glass bottle.

Therapeutic benefits: The *Śīpadari Lauha* is to be taken with proper *anupānas* to get cure from all types of disorders.

(*Ras Ratnākar*)

सौरेश्वरघृतम्–

सुरसा देवकाष्ठञ्च त्रिकटुत्रिफले तथा । लवणान्यथ सर्वाणि विडङ्गान्यथ चित्रकम् ।।४२।।
चविका पिप्पलीमूलं गुग्गुलुर्हवुषा वचा । यवाग्रजञ्च पाठा च शट्येला वृद्धदारकम् ।।४३।।
कल्कैश्च कार्षिकेरेभिर्घृतप्रस्थं विपाचयेत् । दशमूलकषायेण धान्ययूषद्रवेण च ।।४४।।
दधिमस्तुसमायुक्तंप्रस्थंप्रस्थंपृथक्पृथक् । पक्वंस्यादुद्धृतं कल्कात् पिबेत्तोलार्द्धकं हविः ।।४५।।
श्लीपदं कफवातोत्थं मांसरक्ताश्रितञ्च यत् । मेदःश्रितञ्च वातोत्थं हन्यादेव न संशयः ।।४६।।
अपचीं गण्डमालाञ्च अन्त्रवृद्धिं तथाऽर्बुदम् । नाशयेद् ग्रहणीदोषं श्वयथुं गुदजानि च ।।
परमग्निकरं हृद्यं कोष्ठक्रिमिविनाशनम् ।।४७।।

42-47. Śaureśvara Ghṛitam:

Ingredients: *Surāsā*, *devadāru*, *ṭrikaṭu* herbs, *ṭriphalā* herbs, *pañca lavaṇa*, *viḍanga*, *citraka*, *cavya*, *pippalīmūla*, *guggulu*, *havuṣā*, *vacā*, *yavakṣāra*, *pāṭhā*, *śaṭī*, *elā*, *vṛiddhadāraka*(roots or its seeds), *mūrcchita* cow *ghṛitam*, decoction of *daśamūla* herbs and buttermilk.

Process of Drug-Making: Obtain 12 gm. each of *surāsā*, *devadāru*, *ṭrikaṭu* herbs, *ṭriphalā* herbs, *pañca lavaṇa*, *viḍanga*, *citraka*, *cavya*, *pippalīmūla*, *guggulu*, *havuṣā*, *vacā*, *yavakṣāra*, *pāṭhā*, *śaṭī*, *elā* and *vṛiddhadāraka* (roots or its seeds). Prepare a *kalka* of these materials. Take 750 ml. of *mūrcchita* cow *ghṛitam*, 750 ml. of decoction of *daśamūla* herbs and 750 ml. of buttermilk.

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Combine all the above ingredients and cook the preparation methodologically to obtain medicinal *ghṛitam*.

Method of use/Administration: This medicated *ghṛitam* should be administered in a doses of 6-12 ml. each along with lukewarm water or milk.

Therapeutic benefits: It undoubtedly cures *ślīpada* caused by *vāta* as well as *kapha* and located in *māmsa* (muscle tissue), *rakta* (blood) and *medās* (fat). It also cures *ślīpada* caused by *vāta* alone, *apācī* (suppurated glands), *gaṇḍamāla* (lymphadenitis), *āntravṛiddhi* (inguinal hernia), *arbuda* (tumour), *grahaṇī* (sprue syndrome), edema and piles. It stimulates the power of digestion. It is a cardiac *rasāyaṇa*. It cures parasites infesting the intestinal tract.

(Cakradatt)

पञ्चाननघृतम्–

शालञ्चिकापलद्वन्दं पौनर्नवपलद्वयम् । इन्द्रसूरपलद्वन्दं पलैकं चमरीफलम् ।।४८।।
गुञ्जादलंपलैकन्तु क्वाथयेत्प्रास्थिकेऽम्भसि । पादावशेषे विपचेद् गोघृतं प्रास्थिकं सुधीः ।।४९।।
अभया चित्रकं क्षारं सैन्धवं विश्वभेषजम् । एतेषां कर्षमानेन वस्त्रपूतं सुचूर्णितम् ।।५०।।
घृते सिद्धे प्रदातव्यं तच्च मासन्तु खादयेत् । पञ्चाननघृतं नाम श्लीपदं हन्ति दुस्तरम् ।।५१।।
प्लीहगुल्मोदरानाहज्वरशोथविनाशनम् । श्रीमद्गहननाथेन निर्म्मितं विश्वमङ्गलम् ।।५२।।
गोमूत्रं श्लैष्मिके देयं दुग्धं वाते च पैत्तिके । सामान्यं भोजनं देयमनुपानं प्रकीर्त्तितम् ।।५३।।

48-53. Pañcānana Ghṛitam:

Ingredients: *Śālinca* leaves, root of *punarnavā*, root of *nirgundī*, *camarīphala*, leaves of *gunjā*, water, *mūrcchita* cow *ghṛitam*, *haraḍa*, bark of *citraka*, *yavakṣāra*, rock salt and dried ginger.

Process of Drug-Making: Gather 93 gm. each of *śāli nca* leaves, root of *punarnavā* and root of *nirgundī*. Also take *camrīphala* and leaves of *gunjā* measuring 46 gm. each. Pulverize all these materials and decoct them along with 3 litre measure of water. Keep decocting the preparation till the original quantity is reduced to one fourth. Later, sieve the decoction and add to it 750 ml. measure of *mūrcchita* cow *ghṛitam*. Cook the preparation to obtain medicinal *ghṛitam*. Add to the *ghṛitam*, 12 gm. each of the powders of *haraḍa*, bark of *citraka*, *yavakṣāra*, rock salt and dried ginger. Fill the *ghṛitam* in an earthen pitcher.

Note by Dr. Ambikadatt Śāstrī: In this *ghṛitam's* preparation, the quantity of decoction is very less, therefore, the products, which are suppose to be decocted are of the measure of eight *pala* i.e. 384 gm. The herbs, therefore, should be first boiled in 16 litre (approx.) measure of water. When the total quantity of the

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decoction gets reduced to one fourth, 1 litre (approx.) quantity of *mūrcchita ghṛitam* should be added to it and the preparation should be cooked further. Once the *ghṛitam* is cooked, powder of *abhayādi* herbs should be added to the same.

Method of use/Administration: This *Pañcānana Ghṛitam* is to be taken daily in doses of 6-12 gm. In cases of *śleṣmika śīpada* and *pittajanya śīpada* disorders one should respectively take cow urine and milk as *anupānas*. As wholesome diet, one should be served with light and easy to digest foods.

Therapeutic benefits: Consuming this medicine regularly for one month would help in alleviating the disorders of *śīpada*, *plīhāvṛiddhi*, *gulma*, problems related to gastro intestinal tract, *ānāha*, fever and *śotha*. This valuable medicinal *ghṛitam* has been prepared by Āchārya Gahananāth for the welfare of human kind.

पञ्चाननतैलम्–

एततैलं प्रकर्तव्यं कल्केन वस्तुना विना । घृतेन वा कृतं तैलं घृततुल्यगुणं भवेत् ।।५४।।

54. Pañcānana Tailam:

Ingredients: Decoction of *śāli ncādi* herbs, *mūrcchita* sesame oil, herbs of the *abhayādi* group and *mūrcchita ghṛitam*.

Process of Drug-Making: Take decoction of *śalincādi* products (each measuring 93 ml. while *camrīphala* measuring 46 ml.) and *mūrcchita* sesame oil (750 ml.). Cook the preparation without adding *kalka* of herbs of the *abhayādi* group and *mūrcchita ghṛitam* to obtain medicinal oil.

Method of use/Administration: Use this oil for massage and drink.

Therapeutic benefits: It cures *śīpada* disorder.

विडङ्गादितैलम्–

विडङ्गमरिचार्केषु नागरे चित्रके तथा । भद्रदार्वेलकाह्वे च सर्वेषु लवणेषु च ।।५५।।
तैलं पक्वं पिबेद्वाऽपि श्लीपदानां निवृत्तये ।।५६।।

Viḍangādi Tailam:

55-56. Get 20 gm. each of *viḍanga*, *marica*, *arka*, *nāgara*, *citraka*, *bhadra dāru*, *elā* and *pañca lavaṇa*. Powder these materials and prepare a *kalka* out of the mix. Cook this *kalka* in *mūrcchita* sesame oil measuring 1 litre as well as water measuring 4 litre. Thus obtain the medicated oil. It cures all types of *śīpada* (filariasis).

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श्लीपदे पथ्यानि–

प्रच्छर्दनं लङ्घनमस्रमोक्षः स्वेदो विरेकः परिलेपनं च ।
पुरातनः षष्टिकशालयश्च यवाः कुलत्थं लशुनं पटोलम् ।।५७।।
वार्ताकुशोभाञ्जनकारबेल्लं पुनर्नवामूलकपूतिकाश्च ।
एरण्डतैलं सुरभीजलं च कटूनि तिक्तानि च दीपनानि ।
एतानि पथ्यानि भवन्ति पुसां रोगे सति श्लीपदनामधेये ।।५८।।

57-58. The following measures and edibles are considered to be beneficial for the patient suffering from the disorder of *ślīpada*: *vamana*, *langhaṇa* (fasting), *rakta mokṣana* (blood letting), *svedana*, *virecana*, *lepa*, old *ṣaṣṭhi* variety of rice, *yava* (barley), *kulattha*, garlic, *paṭola*, brinjal, fruits of *śobhāñjana*, *kārvellaka*, *punarnavā*, radish, *pūtikā* leaves, oil of *eraṇḍa*, cow urine, *kaṭu* and the like foods which promote digestive power.

(*Yoga Ratnākar*)

श्लीपदेऽपथ्यानि–

पिष्टान्नं दुग्धविकृतिं गुडमानूपमामिषम् । रसं स्वादुं महेन्द्रोत्थं सह्यविन्ध्यनदीजलम् ।।५९।।
पिच्छिलं गुर्वभिष्यन्दि श्लीपदी परिवर्जयेत् ।।६०।।

59-60. The following measures and edibles are considered to be harmful for the *ślīpada* patients: *piṣṭānna*, *dugdhavikṛati* (milk products), *guḍa* (jaggery), meat of animals and birds living in marshy land, sweet juices, river water evolving from the mountains of Mahendra, Sahya and Vindhya, oily products, heavy to digest and *abhiṣayandi* products.

(*Yoga Ratnākar*)

इति भैषज्यरत्नावल्यां श्लीपदचिकित्साप्रकरणम् ।।४५।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां श्लीपदरोगचिकित्साप्रकरणम् ।।४५।।

End of the Chapter 45 of Bhaiṣajya Ratnāvalī with Commentary

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अथ विद्रधिरोगचिकित्साप्रकरणम् ४६

Chapter 46
Vidradhi

विद्रध्यौ क्रियाक्रमः–

जलौकापातनं शस्तं सर्वस्मिन्नेव विद्रधौ । मृदुर्वि रेको लघ्वन्नं स्वेदः पित्तोद्भवं विना ।।१।।

1. In all types of un-suppurated abscesses, application of leeches (*jālauka*) for bloodletting, mild *virecana* (purgation), light food and *svedana* (fomentation) therapies are useful. However, *svedana* (fomentation) therapy should not be applied over *paittika* type of *vidradhi* (abscess).

विद्रध्यौ लेपः–

वातघ्नमूलकल्कैस्तु वसातैलघृतान्वितैः । सुखोष्णो बहलो लेपः प्रयोज्यो वातविद्रध्यौ ।।२।।

2. In *vātika* type of *vidradhi*, a thick layer of the lukewarm *kalka* prepared out of the *vāta* alleviating drugs mixed with *vāsa* (muscle fat), oil or *ghṛitam* should be applied.

(Cakradatt)

स्वेदोपनाहाः–

स्वेदोपनाहाः कर्त्तव्याः शिग्रुमूलसमन्विताः ।।३।।

3. *Svedana* (fomentation) therapy and *upanāha* (application of hot ointment) should be done with the root of *śigru*. Take 60 gm. of *śigru* barks and compound it into a paste. Pack this *kalka* and cook it through *puṭapāka* method. This pack should be used for *svedana* (fomentation).

(Cakradatt)

यवगोधूममुद्गैश्च सिद्धपिष्टैश्च लेपयेत् । विलीयते क्षणेनैवमपक्वश्चैव विद्रधिः ।।४।।

4. The *kalka* of barley, wheat or *mudga* measuring 12 gm. each should be taken and compounded into a *kalka* along with milk. This should be used to foment the unripe *vidradhi*.

(Cakradatt)

गुग्गुलुरुवुतैलयोः प्रयोगः–

पुनर्नवादारुविश्वदशमूलाभयाऽम्भसा । गुग्गुलुं रुवुतैलं वा पिबेन्मारुतविद्रध्यौ ।।५।।

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5. The patient should take *guggulu* or castor oil along with the decoction of *punarnavā*, *devadāru*, *śunṭhī*, *daśamūla* herbs and *abhayā* for the cure of *vātika vidradhi*.

(Cakradatt)

पैत्तिकविद्रधिचिकित्सा–

पैत्तिकं शर्करालाजमधुकैः शारिवायुतैः । प्रदिह्यात् क्षीरपिष्टैर्वा पयस्योशीरचन्दनैः ।।६।।

6. Treatment of *Paittika Vidradhi*: Over *paittika vidradhi*, the *kalka* of *lājā*, *madhuka*, *sārivā*, *uśīra* and *candana* (5 gm. each) along with *śarkara* (20 gm.) prepared by adding milk or water should be applied.

(Cakradatt)

त्रिफलाक्वाथपञ्चवल्कललेपौ–

पिबेद्वा त्रिफलाक्वाथं त्रिवृत्कल्काक्षसंयुतम् । पञ्चवल्कलकल्केन घृतमिश्रेण लेपनम् ।।७।।

7. Decoction of *triphalā* (50 ml.) added with 12 gm. of the *kalka* of *trivṛit* should be taken by the patient suffering from *paittika* type of abscess.

(Cakradatt)

पित्तविद्रधिनाशनो लेपः–

यष्ट्याह्वशारिवादूर्वानलमूलैः सचन्दनैः । क्षीरपिष्टैः प्रलेपस्तु पित्तविद्रधि नाशनः ।।८।।

8. Application of the *kalka* of *pañca valkala* mixed with *ghṛitam* or the *kalka* of *yaṣṭi*, *sārivā*, *dūrvā*, root of *nala* and *candana* prepared by triturating them along with milk relieves *paittika* type of abscess.

(Cakradatt)

श्लेष्मविद्रधौ स्वेदः–

इष्टकासिकतालौहगोशकृत्तुषपांशुभिः । मूत्रपिष्टैश्च सततं स्वेदयेच्छ्लेष्मविद्रधिम् ।।९।।

9. Treatment of *Kaphaja Vidradhi*: *Kaphaja* type of abscess should be given *svedana* (fomentation) therapy with the *kalka* of brick, sand, iron, cow-dung, husk of paddy and ash prepared by triturating them along with cow's urine.

(Cakradatt)

दशमूलक्वाथपरिषेकः–

दशमूलीकषायेण सस्नेहे रसेन वा । शोथं व्रणं वा कोष्णेन सशूलं परिषेचयेत् ।।१०।।

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10. Edema or ulcer associated with pain should be sprinkled with the lukewarm decoction or juice of *daśamūla* added with *sneha* (fat).

(Cakradatt)

गुग्गुलुप्रयोगः–

त्रिफलाशिग्रवरुणदशमूलाम्भसा पिबेत् । गुग्गुलुं मूत्रयुक्तं वा विद्रधौ कफसम्भवे ।।११।।

11. The patient suffering from *kaphaja* type of abscess should take *guggulu* along with cow's urine or the decoction of *triphalā*, *śigru*, *varuṇa* and *daśamūla*.

(Cakradatt)

रक्तजागन्तुजविद्रधौ क्रिया–

पित्तविद्रधिवत्सर्वां क्रियां निरवशेषतः । विद्रध्योः कुशलः कुर्याद्रक्तागन्तुनिमित्तयोः ।।१२।।

12. For the treatment of *kṣataja* (caused by external injury) and *raktaja* (caused by vitiation of blood) types of abscess, all the therapies prescribed for *paittika vidradhi* should be adopted.

(Cakradatt)

शोभाञ्जनक्वाथः–

शोभाञ्जनकनिर्यूहो हिङ्गुसैन्धवसंयुतः । अचिराद् विद्रधिं हन्ति प्रातः प्रातनिषेवितः ।।१३।।

13. Śobhāñjana Kvātha:

Ingredient: *Sobhāñjana.*

Process of Drug-Making: Prepare decoction of *śobhāñjana* (100 ml.).

Method of use/Administration and Therapeutic benefits: Intake of the decoction by mixing *hingu* (500 mg.) and rock salt (1 gm.) in it every morning instantaneously cures abscess.

(Cakradatt)

अन्तर्विद्रधौ योगः–

शिग्रुमूलं जले धौतं दरषिष्टं प्रगालयेत् । तद्रसं मधुना पीत्वा हन्त्यन्तर्विद्रधिं नरः ।।१४।।

14. Treatment of Internal Abscess: Roots of *śigru* should be washed with water, coarsely pounded and strained through a cloth. Intake of this juice (25 ml.) with honey (5-10 gm.) cures internal abscess.

(Cakradatt)

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पुनर्नवादिक्वाथः–

श्वेतवर्षाभुवो मूलं मूलं वरुणकस्य च । जलेन क्वथितं पीतमपक्वं विद्रधिं जयेत् ।।१५।।

15. Punarnavādi Kvātha:

Ingredients: Root of *punarnavā* or the root of *varuṇa* and water.

Process of Drug-Making: This is a decoction-based formula involving the ingredients in equal parts. Raise 25 gm. of their coarsely powdered mix and decoct it in water measuring 400 ml. till it is reduced to one fourth.

Therapeutic benefits: It cures un-suppurated abscess.

(Cakradatt)

वरुणादिक्वाथः–

वरुणादिगणक्वाथमपक्वेऽभ्यन्तरोत्थिते । ऊषकादिप्रतीवापं पिबेत् संशमनाय वै ।।१६।।

16. Varuṇādi Kvātha:

Ingredients: Drugs belonging to *varuṇādi gaṇa* and powder of drugs belonging to *uṣakādi gaṇa.*

Process of Drug-Making: Prepare decoction of the drugs belonging to *varuṇādi gaṇa*. Raise 25 gm. of their coarsely powdered mix and decoct it in water measuring 400 ml. till it is reduced to one fourth.

Method of use/Administration: Sprinkle powders of the drugs belonging to *usakādi gaṇa* over the decoction.

Therapeutic benefits: Intake of this recipe cures un-suppurated internal abscess.

(Cakradatt)

पाठामूलचूर्णम्–

शमयति पाठामूलं क्षौद्रयुतंतण्डुलाम्भसा पीतम् । अन्तर्भूतं विद्रधिमुद्धतमाश्वेव मनुजस्य ।।१७।।

17. Pāṭhāmūla Cūrṇam:

Intake of the *kalka* of *pāṭhā* (3 gm.) along with honey and *taṇḍulodaka* (rice wash) (100 ml.) instantaneously cures serious type of internal abscess when it is in an un-suppurated stage. When the internal abscess gets suppurated, then it should be treated on the lines suggested for the treatment of ulcers.

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पक्वविद्रधौ क्रिया–

अपक्वे त्वेतदुद्दिष्टं पक्वे च व्रणवत्क्रिया ।।१८।।

18-19. The above medications have been suggested for the cases of the unripe abscess. If the case of abscess is ripe, then the patient should be given the treatments prescribed in the cases of *vraṇa*.

(Cakradatt)

पूयनिर्गमने क्रिया–

स्रुतेऽप्यूर्ध्वमधश्चैव मैरेयाम्लसुराऽऽसवैः । पेया वरुणकादिस्तु मधुशिग्रुरसोऽथवा ।।१९।।

If the pus, etc. of the internal abscess comes out through either the upward tracts or downward tracts, thepatient should be served the decoction of drugs belonging to *varuṇādi gaṇa* or the juice of *madhu śigru* along with *maireya* (a type of vinegar), sour juice, *surā* or *āsava* (different types of alcoholic preparations).

(Cakradatt)

कज्जलीयोगः (यो. र.)–

वरुणादिकषायेण रसगन्धककज्जली । भुक्ता निहन्ति माषैका बाह्यमन्तश्च विद्रधिम् ।।२०।।

20. Take purified *pārada* and purified *gandhaka* in equal parts. Prepare *kajjalī* out of them and preserve in glass bottle. Consume 60 mg. of this *kajjalī* with honey during morning and evening. After consuming this *kajjalī*, one should take decoction (50-100 ml.) of *varuṇādi* group of herbs as *anupāna*. Regular consumption of this *kajjalī* is very much helpful in curing *bāhya* and *āntra vidradhi* disorders.

(*Yoga Ratnākar*)

वरुणादिघृतम्–

सिद्धं वरुणादिगणे विधिना तत्कल्कपाचितं सर्पिः ।
अन्तर्विद्रधिमुग्रं मस्तकशूलं हुताशमान्द्यञ्च ।।२१।।
गुल्मानपि पञ्चविधान् नाशयतीदंयथाऽम्बुवायुसखम् ।
एतत्प्रातः प्रपिबेद् भोजनसमये तथा निशास्येऽपि ।।२२।।

21-22. Varuṇādi Ghṛitam:

Ingredients: *Mūrcchita* cow *ghṛitam*, *kalka* of *varuṇādi* group of herbs and water.

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Process of Drug-Making: Obtain *mūrcchita* cow *ghṛitam* (one litre), *kalka* of *varuṇādi* group of herbs (one quarter) and water (four litres). Combine all the ingredients together and methodologically cook *ghṛitam* out of it.

Method of use/Administration: Take 6 gm. to 12 gm. of the *ghṛitam* and consume it during meals of morning and evening.

Therapeutic benefits: The *ghṛitam*, if consumed regularly, is capable of curing severe *āntra vidradhi*, *mastaka śūla*, *agnimāndya* and five types of *gulma*. It is as effective as water is in eliminating fire.

प्रियङ्ग्वाद्यं तैलम् (व. से.)–

प्रियङ्गुधातकीलोध्रकट्फलं तिनिशत्वचम् । एतैस्तैलं विपक्तव्यं विद्रधौ व्रणरोपणम् ।।२३।।

23.Priyāngvādya Tailam:

Ingredients: *Priyangu*, *dhātakī*, *lodhra*, *kaṭphala*, bark of *tinisā*, *mūrcchita* oil and water.

Process of Drug-Making: Get equal parts of *priyangu*, *dhātakī*, *lodhra*, *kaṭphala* and bark of *tinisā*. Compound them and prepare a *kalka* out the mix. Thus raise 250 ml. of this *kalka*. Cook this *kalka* in one litre *mūrcchita* oil and four litres of water. Thus obtain medicinal oil.

Therapeutic benefits: This oil is an excellent recipe for the healing of wounds of ulcers that has been already operated.

(Vangasen)

विद्रधिरोगे पथ्यानि–

आमावस्थेरेचनानिलेपःस्वेदोऽस्रमोक्षणम् । जीर्णाःश्यामाककलमाःकुलत्थालशुनानि च ।।२४।।
रक्तशिग्रुश्च निष्पावः कारबेल्लं पुनर्नवा । श्रीपर्णं चित्रकःक्षौद्रं शोथोक्तानि च सर्वशः ।।२५।।
पक्वावस्थे शस्त्रकर्म पुराणा रक्तशालयः । घृतं तैलं मुद्गरसो विलेपी धन्वजा रसाः ।।२६।।
शालिश्चशाकं कदलं पटोलं हिमबालुका । चन्दनं तप्तशीताम्बु सर्वं चापि व्रणोदितम् ।।२७।।
नराणां विद्रधिव्याधौ यथाऽवस्थयथामलम् । पथ्यान्येतानि सर्वाणि निर्दिष्टानि महर्षिभिः ।।२८।।

24-28. *Virecana*, *lepa*, *svedana*, *rakta mokṣana*, old *śyāmā* and *śāli* variety of rice, *kulattha*, garlic, leaves of red *śobhāñjana*, *niśpāva* (*śimbhi*), *kārvellaka*, *punarnavā*, *śṛīparṇa* (*candana*), *citraka*, honey and those edibles which are recommended in *śotha* disorders are helpful in *āma vidradhi* disorder. In *pakva vidradhi* disorder, *śastra karma*, old *ṣaṣṭhi* rice, *ghṛitam*, oil, *yūṣa* of *mudga*

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pulse, *vilepī*, meat of animals and birds from the *dhanvadeśa*, leaves of *śāli nca*, *kadalīphalā*, leaves of *paṭola*, *himbālukā*, sandalwood, cool boiled water and all those products and measures which are recommended in *vraṇa roga* treatment.

All the above measures and products are recommended as beneficial by physicians for the patients suffering from *vidradhi* disorder.

(*Yoga Ratnākar*)

अपथ्यानि–

शोथिनां यान्यपथ्यानि व्रणिनामहितानि च । क्रमादामे च पक्वे च विद्रधौ वर्जयेन्नरः ।।२९।।

29. Those measures and products which have been prohibited for the patients of *śotha* and *vraṇa* are also prohibited for the patients of *āma* and *pakva vidradhi* disorders.

इति भैषज्यरत्नावल्यां विद्रधिरोगचिकित्साप्रकरणम् ।।४६।।

इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायांविद्रधिरोगचिकित्साप्रकरणम् ।।४६।।

End of the Chapter 46 of Bhaiṣajya Ratnāvalī with Commentary

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अथ व्रणशोथचिकित्साप्रकरणम् ४७

Chapter 47
Vraṇa Śotha

व्रणशोथे क्रियाक्रमः–

आदौ विम्लापनं कुर्याद् द्वितीयमवसेचनम् । तृतीयमुपनाहञ्च चतुर्थीं पाटनक्रियाम् ।।१।।
पञ्चमं शोधनं कुर्यात् षष्ठं रोपणमिष्यते । एते क्रमा व्रणस्योक्ताः सप्तमो वैकृतापहः ।।२।।

1-2. Ulcers should be treated according to the following seven stages:

The first stage should be treated by *vilāpana* (dissolution of edema or the accumulated material). The second stage should be treated by *avaśecana* (sprinkling of medicated liquids). The third stage should be treated by *upanāha* (application of hot ointment). The fourth stage should be treated by *pātana* (opening the wound by incision). The fifth stage should be treated by *sodhana* (cleansing the wound by medicated decoctions, etc.). The sixth stage should be treated by *ropaṇa* (application of healing ointments, etc.). The seventh stage should be treated by *vaikṛitāpaha* (correction of deformities).

(Suśruta)

व्रणरोगिणां वर्ज्यानि–

व्रणे श्वयथुरायासात्स चरागश्चजागरात् । तौ च रुक् च दिवास्वप्नात्ताश्च मृत्युश्च मैथुनात् ।।३।।

3. Doing physical and psychological work could produce *śotha* around *vraṇa*. Remaining awake during nights would increase *śotha* in *vraṇa* as well as its redness. Sleeping during day hours would also cause *śotha* in *vraṇa*, redness and pain. Indulging in intercourse would also result the same. Increase in these factors could even lead to death. Therefore, the patients of *vraṇa* should avoid doing hard work, remaining awake during night, labour, day sleeping and intercourse.

व्रणशोथहरा लेपाः–

धुस्तूरमूलं लवणमुष्णं व्रणस्थितारम्भे । दत्तं लेपान्नियतं व्रणशोथं हरति बहुदुष्टम् ।।४।।

4. During the initial period of *vraṇa*, one should apply the warm poultice made up of root of *dhatūra* and rock salt churned in water. Application of this poultice properly for some days would help in curing vitiated *vraṇa śotha*.

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वातजव्रणशोथे लेपः–

कल्कः काञ्जिकसम्पिष्टस्निग्धः शाखोटकत्वचः । सुपर्ण इव नागानां वातशोथविनाशनः ।।५।।

5. The bark of *śarhotaka* should be made to a *kalka* by triturating it along with *kānji* (a sour drink) and oil. Application of this *kalka* cures *vātika* type of edema in an ulcer as the snakes are overpowered by the bird *garuḍa*.

(Cakradatt)

बीजपूरादिलेपः–

बीजपूरजटाहिस्रा देवदारु महौषधम् । रास्नाऽग्निमन्थो लेपोऽयं वातशोथविनाशनः ।।६।।

6. Bījapūrādi Lepa:

Application of the *kalka* of *mātulunga*, *agnimantha*, *surā dāru*, *mahauṣadha*, *ahimsra* and *rāsnā* cures *vātika* type of edema in an ulcer.

पित्तजव्रणशोथचिकित्सा–

दूर्व्वा च नलमूलञ्च मधुकं चन्दनं तथा । शीतलाश्च गणाः सर्वे प्रलेपः पित्तशोथहा ।।७।।

7. Treatment of *Paittika* Edema: Application of the *kalka* of *dūrvā*, root of *nāla*, *madhuka*, *candana* and other cooling drugs cures *paittika* type of edema.

(Cakradatt)

पञ्चवल्कललेपः (आगन्तुकरक्तजव्रणशोथयोः)–

न्यग्रोधोदुम्बराश्वत्थप्लक्षवेतसवल्कलैः । ससर्पिष्कैः प्रलेपः स्याच्छोथनिर्वापणः परः ।।८।।
आगन्तुजे रक्तजे च एष लेपोऽतिपूजितः ।।९।।

8-9.Pañcavalkala Lepa:

Ingredients: Barks of *nyagrodha*, *udumbara*, *aśvattha*, *plākṣa* and *vetasa*.

Process of Drug-Making: Prepare *kalka* of barks of *nyagrodha*, *udumbara*, *aśvattha*, *plākṣa* and *vetasa* (all taken in equal parts).

Method of use/Administration: Apply this *kalka* along with *ghṛitam*.

Therapeutic benefits: It dissolves edema in an ulcer.

(Cakradatt)

अजगन्धादिलेपः श्लेष्मशोथे (च. द.)–

अजगन्धाऽश्वगन्धा चकाला सरलया सह । एकेशिकाऽजशृङ्गी च प्रलेपः श्लेष्मशोथहा ।।१०।।

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10.Ajagandhādi Lepa:

Ingredients: *Ajagandhā*, *aśvagandhā*, ***kāla***, *sarala*, *ekeśika* and *śṛīngī*.

Process of Drug-Making: Prepare *kalka* of ***ajagandhā***, *aśvagandhā*, *kāla*, *sarala*, *ekeśika* and *śṛīngī* (all taken in equal parts).

Therapeutic benefits: Application of this *kalka* cures *kaphaja* type of edema in an ulcer.

(Cakradatt)

पुनर्नवादिलेपः–कफवातजे (च. द.)–

पुनर्नवादारुशिग्रुदशमूलमहौषधैः । कफवातकृते शोथे लेपः कोष्णो विधीयते ।।११।।

11.Punarnavādi Lepa:

Ingredients: *Punarnavā*, *śigru*, *devadāru*, *daśamūla* and *śunṭhī*.

Process of Drug-Making: Prepare *kalka* of *punarnavā*, *śigru*, *devadāru*, *daśamūla* and *śunṭhī* (all taken in equal parts).

Method of use/Administration: Apply this *kalka* in lukewarm state.

Therapeutic benefits: It cures edema of *kapha-vātaja* type.

(Cakradatt)

लेपविषये नियमः–

न रात्रौ लेपनं दद्याद्दत्तञ्च पतितं तथा । न च पर्युषितं शुष्यमाणं नैवावधारयेत् ।।१२।।

12. Method to apply *kalka*: *Kalka* should not be applied at night. The *kalka* which has come out after application should not be used again. The *kalka* which is stale (kept over night) and which has dried up should not be applied.

(Cakradatt)

शुष्यमाणमुपेक्षेत प्रदेहं पीडनं प्रति । न चापि मुखमालिम्पेत्तेन दोषः प्रसिच्यते ।।१३।।

13. If the intention is to squeeze out pus, etc, from the wound, then *pradeha* (thick ointment) should be left over the wound even if it has dried up after application. However, the opening of the wound should not be covered with the *kalka* to facilitate pus, etc. to come out of the wound.

(Cakradatt)

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कठिनशोथे क्रियाक्रमः–

स्थिरान् मन्दरुजाञ्छोथान् स्नेहैर्वातकफापहैः । अभ्यज्य स्वेदयित्वा च वेणुनाड्या ततः शनैः ।
विम्लापनार्थं मृद्गीयात् तलेनाङ्गुष्ठकेन वा ।।१४।।

14. If the edema in the ulcer is stable (not spreading) and is having mild pain, then it should be massaged with medicated oil prepared out of drugs that alleviate *vāta* as well as *kapha*, and *svedana* (fomentation) therapy should be given over it with the help of a bamboo tube. Thereafter, with the palm or thumb, the edema should be rubbed with a view to dissolving the internal material (*vilāpana*). Thereafter, blood-letting therapy should be applied by an experienced physician.

(Cakradatt)

रक्तमोक्षणोपदेशः–

रक्तावसेचनं कुर्यादादावेव विचक्षणः । शोथे महति संरब्धे वेदनावति च व्रणे ।।१५।।
निवारणाय पाकस्य वेदनोपशमाय च । अचिरोत्पतिते शोथे कार्यं शोणितमोक्षणम् ।।१६।।

15-16. In case a *śotha* becomes difficult and considerable in size immediately after its evolution and simultaneously the *vraṇa* also becomes painful, then such cases should be first treated with *rakta mokṣana* (blood letting) therapy to provide relief.

(Cakradatt)

रक्तमोक्षणगुणः–

यो न याति शमं लेपस्वेदसेकापतर्पणैः । सोऽपि नाशंव्रजत्याशुशोथः शोणितमोक्षणात् ।।१७।।

17. If therapies like *lepa*, *svedana*, *śeka* and *apatarpaṇa* do not help in curing the *śotha* disorder, then one should consider treating the patient through *rakta mokṣana* therapy.

(Cakradatt)

रक्तमोक्षणमहत्त्वम्–

एकतश्च क्रियाःसर्वा रक्तमोक्षणमेकतः । रक्तं हि व्यम्लतांयातितच्च नास्तिनचास्ति रुक् ।।१८।।

18. Importance of Blood-Letting Therapy: In an ulcer, sourness appears in the blood and pain is caused by this vitiated blood. If there is no vitiated blood then there will be no pain. This vitiated blood can be removed by blood-letting. Therefore, blood-letting therapy is equal to the administration of all the remaining therapies in therapeutic efficacy.

(Cakradatt)

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पाटनादिशस्त्रकर्म–

स चेदेवमुपक्रान्तः शोथो न प्रशमं व्रजेत् । तस्योपनाहैः पक्वस्य पाटनं हितमुच्यते ।।१९।।

19. If the edema does not get subsided by blood-letting therapy, the *upanāha* (hot ointment) should be applied over the wound for suppuration, and thereafter, it should be incised.

(Cakradatt)

पाचनार्थमुपनाहद्रव्याणि–

शणमूलकशिग्रूणां फलानि तिलसर्षपाः । शक्तवः किण्वमतसी प्रदेहः पाचनः स्मृतः ।।२०।।

20. The *kalka* prepared out of the *śaṇa,mūlaka*, *śigru,tila*, *sarṣapa*, *śaktu*, *kuṣṭha*, *agara* and like hot herbs (all taken in equal parts) should be prepared along with water and applied warm through poultice over the part of body affected by ulcers.

(Vangasen)

शक्तूपनाहः–

तैलेन सर्पिषा वाऽपि ताभ्यांवाशक्तुपिण्डिका । सुखोष्णः शोथपाकार्थमुपनाहः प्रशस्यते ।।२१।।

21. *Upanāha*: Application of the lukewarm *kalka* of *saktu* (roasted barley flour) in a bolus form (*piṇḍikā*) along with oil or *ghṛitam* of both oil and *ghṛitam* helps in the suppuration of the edema. This is called *upanāha*.

(Cakradatt)

सतिलादिशक्तूपनाहः–

सतिला सातसीबीजा दध्यम्लाशक्तुपिण्डिका । सकिण्वकुष्ठलवणा शस्ता स्यादुपनाहने ।।२२।।

22. A *kalka* should be prepared of *saktu* (roasted barley flour), *tila*, seeds of *atasī* or *kuṣṭha* and salt (all taken in equal parts). In a bolus form, this *kalka* should be applied over the edema as *upanāha* (to cause suppuration of the wound).

(Cakradatt)

शस्त्रक्रियाऽयोग्यस्थले दारणम्–

बालवृद्धासहक्षीणभीरूणां योषितामपि । मर्मोपरि च जाते च पक्वे शोथे च दारणम् ।।२३।।

23. It the patient is a child, old man, intolerant to therapies (*asaha*), emaciated, fearful or a woman; if the wound is over a vital organ and if the suppurated edema

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is of serious nature, then one should not take the option of surgery. Optionally, such situations could be treated with medication of alkali and the like. Such medication itself treats the wound.

(Cakradatt)

गोदन्तघृष्टलेपो दारणार्थम्–

गवां दन्तं जले घृष्टं बिन्दुमात्रं प्रलेपनात् । अत्यन्तकठिने चापि शोथे पाचनभेदनम् ।।२४।।

24. Application of the *kalka* of cow's tooth (obtained by rubbing it over a stone along with water) should be applied over the wound. This helps in the suppuration and opening up of the wound. This is also useful if the edema is exceedingly hard.

(Cakradatt)

क्षारप्रयोगः–

क्षारद्रव्याणि वा यानि क्षारो वा दारणः परः ।।२५।।

25. Application of the alkali preparations (*kṣāras*) also help in the opening up of the wound.

(Cakradatt)

निर्मोकभस्मप्रयोगो दारणार्थम्–

कटुतैलान्वितैर्लेपात्सर्पनिर्मोकभस्मभिः । चयः शाम्यति गण्डस्य प्रकोपः स्फुटति द्रुतम् ।।२६।।

26. Burn the dead skin of the snake and mix the ash with mustard oil. Prepare a *kalka* out of it. Application of this suppresses the unmatured wound and opens up of the suppurated wound quickly.

(Cakradatt)

चिरबिल्वादिलेपो दारणार्थम्–

चिरबिल्वाग्निको दन्ती चित्रको हयमारकः । कपोतकङ्कगृध्राणां पुरीषमपि दारणम् ।।२७।।

27. Take root of *karañja*, root of *agnika*, root of *dantī*, root of *citraka*, root of *karavīra*, droppings of pigeon, *kañka* and droppings of vulture (all taken in equal parts). Churn all these materials on a stone slab with water and apply the obtained *kalka* on *vraṇa śotha* affected parts. This *kalka* would help the wound to suppurate quickly.

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निपीडनप्रयोगः–

द्रव्याणां पिच्छिलानां तुत्वङ्मूलानि निपीडनम् । यवगोधूममाषाणां चूर्णानि च समासतः ।।२८।।

28. Barks and roots of all slimy drugs in general and the powders of *yava*, *godhūma* and *māṣa* in special (all taken in equal parts), squeeze out pus from a wound when applied in the form of a *kalka*.

(Cakradatt)

पटोल्यादिकषायो व्रणशोधकः–

ततः प्रक्षालनं क्वाथः पटोलीनिम्बपत्रजः । अविशुद्धे विशुद्धे च न्यग्रोधादित्वगुद्भवः ।।२९।।

29. Thereafter, the wound should be washed with the decoction of *Paṭola* and leaves of *nimba* if it is not clean. If it is clean, then the wound should be washed with decoction of the bark of *nyagrodha*, etc.

(Cakradatt)

शोधनकषायस्त्रिदोषानुसारेण–

पञ्चमूलीद्वयं वाते न्यग्रोधादिश्च पैत्तिके । आरग्वधादिको योज्यः कफजे सर्वकर्मसु ।।३०।।

30. The decoction of *daśamūla* should be used in all therapies for the treatment of *vātika* ulcer, the decoction of drugs belonging to *Nyagrodhādi Gaṇa* should be used in all recipes for the treatment of *paittika* ulcer and the decoction of drugs beloging to *Āragvadhādi Gaṇa* should be used in all recipes for the treatment of *kaphaja* type of ulcer.

तिलकाष्टकम्–

तिलकल्कः सलवणोद्वेहरिद्रेत्रिवृद् घृतम् । मधुकं निम्बपत्राणि लेपः स्याद् व्रणशोधनः ।।३१।।

31.Tilakāṣṭakam:

Ingredients: *Tila*, *lavaṇa* (rock-salt), *haridrā*, *dāru haridrā*, *triviṛit*, *ghṛitam*, *madhuka* and leaves of *nimba*.

Process of Drug-Making: Prepare *kalka* of *tila*, *lavaṇa* (rock-salt), *haridrā*, *dāru haridrā*, *triviṛit*, *ghṛitam*, *madhuka* and leaves of *nimba*.

Therapeutic benefits: Application of this *kalka* helps in cleansing the ulcer.

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शोधनकेशरी लेपः–

निम्बपत्रं तिलं दन्ती त्रिवृत्सैन्धवमाक्षिकम् । दुष्टव्रणप्रशमनो लेपः शोधनकेशरी ।।३२।।

32. Śodhana Keśarī Lepa:

Application of the *kalka* of leaves of *nimba*, *tila*, *dantī*, *ṭrivṛit*, rock-salt and honey (all taken in equal parts) relieves vitiated wounds and cleanses them effectively.

(Cakradatt)

अनन्तमूलप्रलेपः–

एकं वा शारिवामूलं सर्वव्रणविशोधनम् ।।३३।।

33. Anantamūla Pralepa:

The *kalka* of the root of *śārivā* alone cleanses all types of ulcers.

(Cakradatt)

पटोल्यादिलेपः–

पटोलीतिलयष्ट्याह्वत्रिवृद्दन्तीनिशाद्वयम् । निम्बपत्राणि चालेपः सपटुर्व्रणशोधनः ।।३४।।

34. Paṭolyādi Lepa

Ingredients: *Paṭolī*, *tila*, *madhuyaṣṭī*, *ṭrivṛit*, *dantī*, *niśā*, *dāru niśā*, leaves of *nimba* and rock-salt.

Process of Drug-Making: Prepare *kalka* of *Paṭolī*, *tila*, *madhuyaṣṭī*, *ṭrivṛit*, *dantī*, *niśā*, *dāru niśā*, leaves of *nimba* and rock-salt.

Therapeutic benefits: Application of this *kalka* cleanses all types of ulcer.

(Cakradatt)

त्रिफलादिक्वाथो व्रणशोधनार्थम् (च. द.)–

त्रिफला खदिरोदार्वी न्यग्रोधादिबलाकुशाः । निम्बकोलकपत्राणि कषायः शोधने हितः ।।३५।।

35.Triphalādi Kvātha:

Washing the wound with the decoction of the equal parts of the *ṭriphalā* herbs, *khadira*, *dārvī*, *nyagrodha*, roots of *balā* and *kuśa*, leaves of *nimba* and *kola*.

(Cakradatt)

तिलकल्कप्रयोगो रोपणार्थम्–

अपेतपूतिमांसानां मांसस्थानामरोहताम् । कल्कं संरोपणः कार्यस्तिलजो मधुसंयुतः ।।३६।।

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36. If the ulcer located in the muscle tissue does not heal up, then the putrefied muscle tissues around it should be removed and the *kalka* of *tila* and *madhuka* should be applied over. It helps in healing.

(Cakradatt)

सप्तपर्णक्षीर-शरपुङ्खामूललेपनद्वयम्–

सप्तदलदुग्धकल्कः शमयतिदुष्टव्रणं प्रलेपेन । मधुयुक्ता शरपुङ्खा दुष्टव्रणरोपणी कथिता ।।३७।।

37. Application of the *kalka* of *sapta dala* prepared by triturating it along with milk is useful in the treatment of vitiated ulcers (*duṣṭa vraṇa*). The *kalka* of *śarapunkha* mixed with honey should be applied for the healing of all types of ulcer.

(Cakradatt)

कपालास्थिलेपनम्–

मानुषशिरःकपालं तदस्थि वा लेपनं मूत्रेण । रोपणमिदं क्षतानां योगशतैरप्यसाध्यानाम् ।।३८।।

38.Kapālasthilepana:

Ingredients: Old skull bone of human and cow urine.

Process of Drug-Making: Triturate an old skull bone of a human being along with the cow urine and prepare a *kalka*.

Therapeutic benefits: Application of this *kalka* helps in the healing of ulcers which were not amenable to hundreds of other recipes.

(Cakradatt)

सुषव्यादिलेपः–

सुषवीपत्रपत्तूरकर्णमोटकुठेरकाः । पृथगेते प्रलेपेन गम्भीरव्रणरोपणाः ।।३९।।

39.Suṣavyādi Lepa:

Ingredients: Leaves of *kārvellaka* (*suṣvīpatra*), *śāli nca* leaves, *karṇamoṭa* and *kuṭheraka*.

Process of Drug-Making: Compound the leaves of *kārvellaka* (*suṣvipatra*), *śāli nca* leaves, *karṇamoṭa* and *kuṭheraka*.

Therapeutic benefits: Apply it to treat any kind of deep wounds. Any one of the above herbs can be used for this purpose.

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पञ्चवल्कलाद्यवचूर्णनद्वयम्–

पञ्चवल्कलचूर्णैर्वा शुक्तिचूर्णसमायुतैः । धातकीचूर्णलोध्रैर्वा तथा रोहन्ति ते व्रणाः ।।४०।।

40. Ulcers get healed up by the powder of either *pañca valkala* and *sukti*, or by the powder of *dhātakī* and *lodhra*.

(Cakradatt)

श्वेतार्कमूललेपः–

लौहकुद्दालके घृष्ट्वा लिम्पाकफलवारिणा । श्वेतार्कसम्भवं मूलं लेपं दद्यात् क्षतोपरि ।
अपि योगशतासाध्यं क्षतं हन्ति न संशयः ।।४१।।

41.Śvetārka Mūla Lepa:

Ingredients: Root of white *arka* and juice of lemon.

Process of Drug-Making: Take root of white *arka* and pulverize it on the surface of a spade along with juice of lemon.

Therapeutic benefits: The compound thus obtained would immediately cure even those *vraṇas* which are not cured by many other medicines.

नवनीतप्रयोगः–

श्वेतकरवीरमूलस्वरसं द्विपलोन्मितम् । पलाष्टकमिदं गव्यक्षीरमेकत्र मिश्रयेत् ।।४२।।
दधि कृत्वा तदावर्त्त्य निर्मथ्य नवनीतकम् । गृहीत्वा तेन लेपेन क्षतं हन्ति चिरोत्थितम् ।।४३।।

42-43. Combine juice of white *karavīra's* root measuring 93 ml. and 375 ml. measure of cow milk. Cook the mix methodologically and obtain a *dahi* (curd) by curdifying it the preparation. On the next day, churn the curd and obtain butter out of it. Place the butter in jar. Application of this butter would even cure chronic *vraṇa*.

आस्फोतोद्भवनिर्यासलेपः–

आस्फोतोद्भवनिर्यासः क्षतं हन्ति चिरोत्थितम् ।।४४।।

44. Applying the *kalka* prepared out of *niryas* of *āsphoṭā* would also help in alleviating chronic *vraṇa*.

निम्बपत्रादिवर्तिः–

निम्बपत्रघृतक्षौद्रदार्वीमधुकसंयुता । वर्त्तिस्तिलानां कल्को वा शोषयेद् रोपयेद् व्रणान् ।।४५।।

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45. Application of the *varttī* (elongated pill) prepared of leaves of *nimba*, *ghṛitam*, honey, *dāru haridrā* and *madhuka* or the *kalka* of *tila* absorbs the pus and heals the ulcer.

(Cakradatt)

अश्वगन्धादिलेपः (व. से.)–

अश्वगन्धारुहालोध्रं कट्फलं मधुयष्टिका । समङ्गा धातकीपुष्पं परमं व्रणरोपणम् ।।४६।।

46.Aśvagandhādi Lepa:

Ingredients: *Aśvagandhā*, *kaṭukī*, *lodhra*, *kaṭphala*, *madhuyaṣṭī*, *manjiṣṭhā*, flowers of *dhātakī* and water.

Process of Drug-Making: Take equal parts of *aśvagandhā*, *kaṭukī*, *lodhra*, *kaṭphala*, *madhuyaṣṭī*, *manjiṣṭhā* and flowers of *dhātakī*. Ground them with water.

Method of use/Administration: Apply the resultant *kalka* on *vraṇa* affected parts.

Therapeutic benefits: This helps in properly suppressing the *vraṇa*.

(Vangasen)

करञ्जादिलेपाः (भा. प्र.)–

करञ्जारिष्टनिर्गुण्डीलेपो हन्याद् व्रणक्रिमीन् । लशुनस्याथवा लेपो हिङ्गुनिम्बकृतोऽथवा ।।४७।।

47.Karañjādi Lepa:

Ingredients: Root or bark of *karañja* tree, *nimba* leaves and leaves of *nirguṇḍī*.

Process of Drug-Making: Prepare *kalka* by pulverizing root or bark of *karañja* tree, *nimba* leaves and leaves of *nirguṇḍī*.

Method of use/ Administration and Therapeutic benefits: Application of this would alleviate the germs of *vraṇa*. Only applying *kalka* of garlic and *kalka* of *hingu* and *neem* leaves could also help in destroying the *vraṇa* germs.

(*Bhāvaprakāśa*)

व्रणधूपनोपदेशः (च. द.)–

वाताभिभूतान् सास्रावान् धूपयेदुग्रवेदनान् । यवाज्यभूर्जमदनश्रीवेष्टकसुराह्वयैः ।।४८।।

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48. The cases of *vraṇa*, wherein the concentration of *vāta* is high and pus is also flowing and there is severe pain, should be treated with the smoke generated by burning powders of *java* (barley), *ghṛitam*, *bhojapatra*, *madan* (i.e. wax), *śṛīveṣṭaka* and *devadāru*.

(Cakradatt)

श्रीवासादिधूपः–

श्रीवासगुग्गुल्वगुरुशालनिर्यासधूपिताः । कठिनत्वं व्रणा यान्ति नश्यन्त्यास्रावववेदनाः ।।४९।।

49. By the fumigation with *śṛīvāśa*, *guggulu*, *aguru* and resin from *śāla*, the ulcerated tissues become hard, and thus reducing secretions and pain in the wound.

(Cakradatt)

निम्बपत्रादिधूपः (भा. प्र.)–

निम्बपत्रवचाहिङ्गुसर्पिर्लवणसर्षपैः । धूपनं स्याद् व्रणे रौक्ष्यक्रिमिकण्डूरुजाऽपहम् ।।५०।।

50. Take equal parts of *neem* leaves, *vacā*, *hingu*, *ghṛitam*, salt and mustard. Triturate all these materials into powder. Smoke treating through these materials, would help in alleviating *rūkṣata* of *vraṇa*, germs, *kanḍu* and pain.

(*Bhāvaprakāśa*)

त्रिफलागुग्गुलुः–

ये क्लेदपाकस्रुतिगन्धवन्तो–व्रणा महान्तः सरुजाः सशोथाः ।
प्रयान्ति ते गुग्गुलुमिश्रितेन पीतेन शान्तिं त्रिफलारसेन ।।५१।।

51.Ṭriphalā Guggulu:

Ingredients: *Ṭriphalā* and *guggulu*.

Process of Drug-Making: Prepare decoction of *ṭriphalā* (250 ml.).

Method of use/Administration: Consume the decoction by adding *guggulu* (250 gm.) to it.

Therapeutic benefits: It cures ulcers with stickiness, suppuration, exudation and foul smell and ulcers which are big in size and is associated with pain and edema.

(*Bhāvaprakāśa*)

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सप्ताङ्गगुग्गुलुः–

विडङ्गत्रिफलाव्योषचूर्णं गुग्गुलुना समम् । सपिषा वटिकां कृत्वा खादेद्वा हितभोजनः ।
दुष्टव्रणापचीमेहकुष्ठनाडीविशोथनम् ।।५२।।

52.Saptāñga Guggulu:

Ingredients: *Viḍanga*, *triphalā* herbs, *trikaṭu* herbs, purified *guggulu*, decoction of *triphalā* or water and *ghṛitam*.

Process of Drug-Making: Take equal parts of *viḍanga*, *triphalā* herbs and *trikaṭu* herbs along with 7 parts of purified *guggulu*. Dissolve them together in decoction of *triphalā* or water measuring 5 or 7 parts. Triturate the preparation and thus saturate its water content. Next day, take small quantity of *ghṛitam* and re-triturate the preparation. Coat the fingers with *ghṛitam* and using them prepare pills measuring 500 mg. each. Dry and preserve them.

Method of use/Administration: One should take one pill in the morning and one pill in the evening before meals. When hungry one should take light meals. Intake of these pills along with wholesome food.

Therapeutic benefits: It cures *duṣṭa varṇa* (vitiate ulcer), *apācī* (suppurated gland), *meha* (obstinate urinary disorders including diabetes), *kuṣṭha* (skin diseases including leprosy) and *nāḍi vraṇa* (sinus).

(Cakradatt)

जात्याद्यं घृतम्–

जातीनिम्बपटोलपत्रकटुका दार्वी निशा शारिवामञ्जिष्ठाभयसिक्थतुत्थमधुकैर्नक्ताह्वबीजैः समैः ।
सपिःसिद्धमनेनसूक्ष्मवेदनाममर्माश्रिताःस्त्राविणोगम्भीराः
सरुजोव्रणाःसगृतिकाःशुष्यन्तिरोहन्तिच।।५३।।

53.Jatyādya Ghṛitam:

Ingredients: *Jātī*, *nimba*, *paṭola* (leaves), *kaṭuka*, *dāru haridrā*, *haridrā*, *sārivā*, *manjiṣṭhā*, *kuṣṭha*, *siktā*, *tuttha*, *madhuka*, *naktāhva* (seed), *mūrcchita* cow *ghṛitam* and water.

Process of Drug-Making: Take equal parts of *jātī*, *nimba*, *paṭola* (leaf), *kaṭuka*, *dāru haridrā*, *haridrā*, *sārivā*, *manjiṣṭhā*, *kuṣṭha*, *siktā*, *tuttha*, *madhuka* and *naktāhva* (seed). Prepare a *kalka* out of these materials. Thus raise 250 ml. of the *kalka*. Cook it along with *mūrcchita* cow *ghṛitam* measuring one litre and water measuring four litres.

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Method of use/Administration: The medicated *ghṛitam* thus obtained should be used in ointmenting the wound.

Therapeutic benefits: Application of this mediated *ghṛitam* cleanses and heals ulcers which are deep seated, painful as well as spreading.

(Cakradatt)

गौराद्यं घृतम्–

गौरा हरिद्रा मञ्जिष्ठा मांसी मधुकमेव च । प्रपौण्डरीकं ह्रीबेरं भद्रमुस्तं सचन्दनम् ।।५४।।
जाती निम्बपटोलञ्च करञ्जं कटुरोहिणी । मधूच्छिष्टं मधूकं च महामेदा तथैव च ।।५५।।
पञ्चवल्कलतोयेन घृतप्रस्थं विपाचयेत् । एष गौरो महायोगः सर्वव्रणविशोधनः ।।५६।।
आगन्तुसहजाश्चैव सुचिरोत्थाश्च ये व्रणाः । विषमामपि नाडीन्तु शोधयेच्छीघ्रमेव तु ।।५७।।

54-57.Gaurādya Ghṛitam:

Ingredients: *Gaura*, *haridrā*, *manjiṣṭhā*, *māmsī madhuka*, *prapaunḍarīka*, *hṛibera*, *bhadra mustā*, *candana*, *jātī*, *nimba*, *paṭola*, *karañja*, *kaṭu rohiṇī*, *madhūcchiṣṭa*, *madhuka*, *mahāmedā*, *mūrcchita ghṛitam* and *pañcavalkala* (barks of five latex trees, that are banyan, *pippalī*, *udumbara*, *plākṣa* and *vetasa*).

Process of Drug-Making: Take 10 gm. each of *gaura*, *haridrā*, *manjiṣṭhā*, *māmsī madhuka*, *prapaunḍarīka*, *hṛibera*, *bhadra mustā*, *candana*, *jātī*, *nimba*, *paṭola*, *karañja*, *kaṭu rohiṇī*, *madhūcchiṣṭa*, *madhuka* and *mahāmedā*. Prepare a *kalka* of these ingredients and cook it along with *mūrcchita ghṛitam* measuring 750 ml., 3 litre of the decoction of *pañcavalkala* (barks of five latex trees, that are banyan, *pippalī*, *udumbara*, *plākṣa* and *vetasa*). Thus obtain medicinal *ghṛitam*.

Therapeutic benefits: It is a very potent recipe for the cleansing of all types of ulcer, viz, exogenous, endogenous and chronic ulcers.

(Cakradatt)

गौराद्यं जातिकाद्यञ्च तैलम्–

गौराद्यं जातिकाद्यं च तैलमेव प्रसाध्यते । तैलं सूक्ष्मानने दुष्टे व्रणे गम्भीर एव च ।।५८।।

58.Gaurādya and Jātikādya Tailas:

In the above mentioned two recipes, *mūrcchita* oil can be used for cooking in the place of *mūrcchita ghṛitam*. Then these recipes are respectively called *Gaurādya Taila* and *Jatikādya Taila*. These medicated oils are useful in the treatment of ulcers having small openings, putrefied ulcers and deep-seated ulcers.

(Cakradatt)

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करञ्जाद्यं घृतम् (च. द.)–

नक्तमालस्य पत्राणि तरुणानि फलानि च । द्वे हरिद्रे मधूच्छिष्टं मधुकं तिक्तरोहिणी ।।५९।।
मञ्जिष्ठाचन्दनोशीरमुत्पलं शारिवे त्रिवृत् । एतेषां कार्षिकैर्भागैर्घृतप्रस्थं विपाचयेत् ।।६०।।
दुष्टव्रणप्रशमनं तथा नाडीविशोधनम् । सद्यश्छिन्नव्रणानाञ्च करञ्जाद्यमिदं शुभम् ।।६१।।

59-61. Karañjādya Ghṛitam:

Ingredients: *Nakta māla* (leaves and tender fruits), *sumana* (leaves), *paṭola* (leaves), *ariṣṭa* (leaves), *haridrā*, *dāru haridrā*, *madhūcchiṣṭa*, *madhuka*, *tikta rohiṇī*, *manjiṣṭhā*, *candana*, *uśīra*, *utpala*, *kṛiṣṇa śārivā*, *ṭrivṛit*, *mūrcchita* cow *ghṛitam* and water.

Process of Drug-Making: Get 12 gm. each of *nakta mala* (leaves and tender fruits), *sumana* (leaves), *paṭola* (leaves), *ariṣṭa* (leaves), *haridrā*, *dāru haridrā*, *madhūcchiṣṭa*, *madhuka*, *tikta rohiṇī*, *manjiṣṭhā*, *candana*, *uśīra*, *utpala*, *kṛiṣṇa śārivā*, and *ṭrivṛit*. Prepare a *kalka* of these ingredients and cook it along with 750 ml. measure of *mūrcchita* cow *ghṛitam* and 3 litre of water.

Therapeutic benefits: This medicated *ghṛitam* called *Karañjādya Ghṛitam* relieves putrefied ulcer, cleanses sinus and is useful for fresh cut-wounds.

(Cakradatt)

प्रपौण्डरीकाद्यं घृतम् (च. द.)–

प्रपौण्डरीकमञ्जिष्ठामधुकोशीरपद्मकैः । सहरिद्रैः श्रृतं सर्पिः सक्षीरं व्रणरोपणम् ।।६२।।

62. Prapaunḍarīkādya Ghṛitam:

Get equal parts of *prapaunḍarīka*, *manjiṣṭhā*, *madhuka*, *uśīra*, *padmaka* and *haridrā*. Prepare a *kalka* of these ingredients (measuring 40 gm.) and cook it along with *mūrcchita ghṛitam* (750 ml.), milk (3 litres) and water (3 litres). Thus obtain medicinal *ghṛitam*. It helps in the healing of ulcers.

(Cakradatt)

तिक्ताद्यं घृतम् (च. द.)–

तिक्तासिक्थनिशायष्टिनक्ताह्वफलपल्लवैः । पटोलमालतीनिम्बपत्रैर्व्रण्यं घृतं स्मृतम् ।।६३।।

63. Tiktādya Ghṛitam:

Ingredients: *Tikta*, *siktha*, *niśā*, *yaṣṭi*, *naktāhva* (fruits and leaves), *paṭola*, *mālatī*, *nimba* (leaves), *mūrcchita* cow *ghṛitam* and water.

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Process of Drug-Making: Take equal parts of *tikta*, *siktha*, *niśā*, *yaṣṭi*, *naktāhva* (fruits and leaves), *paṭola*, *mālatī* and *nimba* (leaves). Raise a 250 ml. of their mix and prepare a *kalka* out of it. Cook this *kalka* along with *mūrcchita* cow *ghṛitam* (one litre) and water (four litres).

Therapeutic benefits: This medicinal *ghṛitam* is useful for the treatment of ulcers.

(Cakradatt)

जात्यादितैलम् (बृहत्) (भा. प्र.)–

जातीनिम्बपटोलानां नक्तमालस्य पल्लवाः । सिक्थकं मधुकं कुष्ठं द्वे निशे कटुरोहिणी ।।६४।।
मञ्जिष्ठ पद्मकं लोध्रमभया पद्मकेशरम् । तुत्थकं शारिवा बीजं नक्तमालस्य दापयेत् ।।६५।।
एतानि समभागानि पिष्ट्वा तैलं विपाचयेत् । विषव्रणे समुत्पन्ने स्फोटके कुष्ठरोगिणि ।।६६।।
दद्रुवीसर्परोगेषु कीटदष्टेषु सर्वथा । सद्यःशस्त्रप्रहारेषु दंष्ट्राविद्धेषु चैव हि ।।६७।।
नखदन्तक्षते देहे दुष्टमांसापकर्षणम् । म्रक्षणेन हितं तैलमिदं शोधनरोपणम् ।।
तैलं जात्यादिनाम्नैतत्प्रसिद्धं भिषगादृतम् ।।६८।।

64-68. Jātyādi Tailam:

Ingredients: Jasmine leaves, *nimba* leaves, *paṭola* leaves, leaves of *karañja*, wax, *madhuyaṣṭī*, *kuṭaja*, *haridrā*, *dāru haridrā*, *kaṭukī*, *manjiṣṭhā*, *padmaka*, *lodhra*, *haraḍa*, *kamala keśara*, purified *tutthaka*, *anantamūla*, seeds of *karañja*, water, *mūrcchita* sesame oil and water.

Process of Drug-Making: Take 14 gm. each of jasmine leaves, *nimba* leaves, *paṭola* leaves, leaves of *karañja*, wax, *madhuyaṣṭī*, *kuṭaja*, *haridrā*, *dāru haridrā*, *kaṭukī*, *manjiṣṭhā*, *padmaka*, *lodhra*, *haraḍa*, *kamala keśara*, purified *tutthaka*, *anantamūla* and seeds of *karañja*. Thickly pulverize all these materials and triturate them on a stone slab along with water to obtain *kalka* out of it. Combine the *mūrcchita* sesame oil (1 litre) and water (4 litres). Cook the mix methodologically to obtain the medicated *tailam*.

Therapeutic benefits: Application of this oil is very much effective in checking *viṣa* generated *vraṇa*, ulcer, *kuṣṭha roga*, *dadru*, *visarpa*, wounds caused by the bite of insects and the like, wounds caused due to attack of weapon, *vraṇas* caused by the bite of lion, bear, *śṛīgā* and dogs and those caused due to nails and teeth bites. This oil makes the vitiated fleshy tissue to lose and cures the *vraṇa*. This *Bṛihajjātyādi Tailam* is famous amongst physicians for its immediate effects.

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विपरीतमल्लतैलम्–

सिन्दूरहिङ्गुविषकुष्ठरसोनचित्र–वाणाङ्घ्रिलाङ्गलिककल्कविपक्व तैलम् ।
प्रासादमन्त्रयुतफूत्कृतनुन्नफेनो–दुष्टव्रणप्रशमनो विपरीतमल्लः ।।७९।
खड्गाभिघातगुरुगण्डमहोपदंश–नाडीव्रणव्रणविचर्चिककुष्ठपामाः ।
एतन्निहन्ति विपरीतकमल्लनाम–तैलं यथेष्टशयनासनभोजनस्थं ।।७०।।

69-70. Viparīta Malla Tailam:

Ingredients: *Sindūra*, *hingu*, *kuṣṭha*, *viṣa*, *rasonam*, *citram*, root of *balā*, *lāngalika*, water and *mūrcchita* sesame oil.

Process of Drug-Making: Obtain 20 gm. each of *sindūra*, *hingu*, *kuṣṭha*, *viṣa*, *rasonam*, *citram*, root of *balā* and *lāngalika*. Prepare a *kalka* out of these ingredients. Cook this *kalka* in water measuring 4 litre and *mūrcchita* sesame oil measuring 1 litre. The bubbles occurring in the process of this process should be finished by blowing them out along with chanting of the *mantra* '*om hram hṛim hrum hrem hrom hrah śivāya svaha*'. Finally store the medicated oil in glass bottle. This is called *Viparīta Malla Tailam.*

Method of use/Administration: The patient using this recipe can have sleep, postures and food as he likes.

Therapeutic benefits: It cures ulcers containing sticky matter, ulcers caused by a sword, serious type of *galaganḍa* (goiter), *upadamśa* (syphilis), sinus, eczema, *kuṣṭha* (skin diseases including leprosy) and *pāma* (scabies).

(Cakradatt)

व्रणराक्षसतैलम्–

सूतकं गन्धकं तालं सिन्दूरञ्च मनःशिला । रसोनञ्च विषं ताम्रं प्रत्येकं कर्षमाहरेत् ।।७१।।
कुडवं सार्षपं तैलं साधयेत्सूर्यतापतः । नाडीव्रणञ्च विस्फोटं मांसवृद्धि विचर्चिकाम् ।।७२।।
दद्रुकुष्ठापचीकण्डूमण्डलानि व्रणांस्तथा । व्रणराक्षसनामेदं तैलं हन्ति गदान् बहून् ।।७३।।

71-73. Vṛaṇa Rākṣasa Tailam

Ingredients: *Pārada*, *gandhaka*, *haratāla*, *sindūra*, *manahaśilā*, *rasona* (garlic pearls), *vatsanābha visham* and *tāmra bhasma.*

Process of Drug-Making: Take 12 gm. measure each of the above ingredients and prepare a fine powder out of them. Pour the powder into *mūrcchita* mustard oil measuring 190 ml. Add 1 litre water to it and place the recipe into a large mouthed glassware. One should place this ware under sharp sun everyday so long as the water content of it gets evaporated.

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Method of use/Administration: This oil should be used everday in massaging the patient.

Therapeutic benefits: This medicinal oil removes *nāḍīvraṇa*, *visphoṭa*, *māmsa vṛidhi*, *vicarcikā*, *dadru*, *kuṣṭha*, *apācī*, *kanḍū* and *manḍala* and all types of *vraṇa*. This *Vṛaṇa Rākṣasa Tailam* is helpful in checking all types of skin problems.

बृहद् व्रणराक्षसतैलम्–

कुडवं सार्षपं तैलं तदर्द्धं गोघृतस्य च । एकीकृत्य पचेत्तत्तु सूर्यावर्त्त रसेन तु ।।७४।।
चित्रपत्रपलं कल्कं दत्त्वा तत्र विपाचयेत् । तत्कल्कं स्रावयित्वा तु चूर्णमेषां विनिक्षिपेत् ।।७५।।
गन्धकं शुद्धसिन्दूरं हरितालं मनःशिला । हरिद्रा गैरिकं राजी कर्षार्द्धं प्रतिभागिकम् ।।७६।।
भागार्द्धं पारदञ्चापि कज्जलीकृत्य मिश्रयेत् । सुतप्ते मिश्रयित्वा तु तप्तं कृत्वा प्रलेपयेत् ।।७७।।
कण्डूं विचर्चिकां पामां क्लेदं कुष्ठं सुदुस्तरम् । वातरक्तं व्रणान् सर्वान् विषविस्फोटदद्रुकम् ।।
निहन्त्याशु महाश्वित्रं तैलन्तु व्रणराक्षसम् ।।७८।।

74-78. Bṛihad Vraṇarākṣaśa Tailam:

Ingredients: *Mūrcchita* mustard oil, *mūrcchita* cow *ghṛitam*, *sūryāvarta*, *kalka* of *citraka* leaves, water, purified *gandhaka*, purified *pārada*, purified *sindūra*, *haritāla*, *manahśilā*, *haridrā* powder, *svarṇa gairika* and *rājī* powder.

Process of Drug-Making: Get *mūrcchita* mustard oil (190 ml.), *mūrcchita* cow *ghṛitam* (half the quantity of mustard oil i.e. 95 ml.) along with *sūryāvarta* juice (750 ml.). Also take 46 gm. measure of *kalka* prepared out of *citraka* leaves and 1 litre measure of water. Combine all these materials and cook them on a slow heat to obtain medicinal oil. Take out the processed oil and sieve it. *Kajjalī* prepared out of purified *gandhaka* (6 gm.) and purified *pārada* (3 gm.) should be added to the warm oil. Also add to it, purified *sindūra*, *haritāla*, *manahśilā*, *haridrā* powder, *svarṇa gairika*, *rājī* powder each measuring 6 gm. Stir the mix well and fill the same in glass bottle.

Method of use/Administration: This *Bṛihadvraṇarākṣas* Oil is to be heated and should be applied when it is warm.

Therapeutic benefits: Application of this oil would alleviate disorders like *kanḍu*, *vicarcikā*, *pāma*, *kleda* (accompanied with flow), *kuṣṭha*, *vāta rakta*, all types of *vraṇa*, *viṣajanya* ulcer, pimples, *dadru* and *mahāśvitra*.

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दूर्वाद्यं तैलं घृतञ्च (च. द.)–

दूर्वास्वरससिद्धं वा तैलं कम्पिल्लकेन च । दार्वीत्वचश्च कल्केन प्रधानं व्रणरोपणम् ।।७९।।
येनैव विधिना तैल घृतं तेनैव साधयेत् ।
एतदङ्गारकं तैलं व्रणशोधनरोपणम् रक्तपित्तोत्तरं ज्ञात्वा सर्पिरेवावचारयेत् ।।८०।।

79-80. Durvādya Tailam and Durvādya Ghṛitam:

Ingredients: Juice of *dūrvā*, *kalka* of *kampillaka*, *dāruharidrā*, *mūrcchita* sesame oil and *mūrcchita* cow *ghṛitam*.

Process of Drug-Making: Take juice of *dūrvā* measuring 3 litre and *kalka* of *kampillaka* and *dāruharidrā* measuring 90 gm. each and *mūrcchita* sesame oil measuring 750 ml. Cook them together and obtain the medicated oil.

Similarly, Take juice of *dūrvā* measuring 3 litre and *kalka* of *kampillaka* and *dāruharidrā* measuring 90 gm. and *mūrcchita* cow *ghṛitam* measuring 750 ml. Cook them together and obtain the medicated *ghṛitam*.

Therapeutic benefits: The oil is useful in healing of the wounds. The *ghṛitam* is useful in healing of the wounds that are profusely bleeding and that are accompanied by temperature.

(Cakradatt)

अङ्गारकतैलम्–

कुठारकात् पलशतं क्वाथयेन्नल्वणेऽम्भसि । तेन पादावशेषेण तैलप्रस्थं विपाचयेत् ।।८१।।
कल्कैः कुठारापामार्गप्रोष्ठिका मक्षिकायुतैः । एतदङ्गारकं तैलं व्रणशोधनरोपणम् ।
नाडीषु परमाभ्यङ्गो निजास्वागन्तुकीषु च ।।८२।।

81-82.Angāraka Tailam:

Ingredients: *Kuṭhāraka*, water, sesame, *kalka* of *kuṭhāraka*, *apāmārga*, *kroṣṭika* and *makṣika*.

Process of Drug-Making: Get 5 kg. of *kuṭhāraka* and coarsely powder them. Decoct it in water measuring 13 litre. Boil down them to one fourth. Add to it 750 ml. of *mūrcchita* sesame oil and 250 ml. *kalka* of *kuṭhāraka*, *apāmārga*, *kroṣṭika* and *makṣika* (60 gm. each). Cook all the above ingredients together and obtain the medicated oil. This is called *Angāraka Tailam.*•

Therapeutic benefits: Application of this oil helps in the cleansing and healing of both the exogenous and endogenous types of ulcers and sinus.

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व्रणरोगे पथ्यानि (प. प.)–

विम्लापनं रक्तमुक्तिरुपनाहो विपाटनम् । शोधनं रोपणं षष्ठं पुराणाः सितशालयः ।।८३।।
यवषष्टिकगोधूमा जाङ्गला मृगपक्षिणः । विलेपी लाजमण्डश्च कटुतैलं घृतं मधु ।।८४।।
तिलं मसूरतुवरीमुद्गयूषाश्च शर्करा । आषाढफलवार्त्ताकुककर्कोटकपटोलकम् ।।८५।।
कारवेल्लं निम्बपत्रं वेत्राग्रं बालमूलकम् । सुनिषण्णकशालिञ्चतण्डुलीयकवास्तुकम् ।।८६।।
त्रिफला पनसं मोचं दाडिमं कटुकीफलम् । जीवन्ती सैन्धवं द्राक्षा स्वादुतिक्तकषायकाः ।।८७।।
समस्तमेतदन्नं तु स्निग्धमुष्णं द्रवोत्तरम् । एषणं शमनं दाहः स्वेदनंबन्धनक्रिया ।।८८।।
व्रणावचूर्णनं लेपो धूपनं पत्रधारणम् । उशीरं वालव्यजनं चन्दनं तिललेपनम् ।।८९।।
तप्तशीताम्बु कर्पूरं वैकृतो विकृतिः परा । एतत्पथ्यं नरैः सेव्यं यथावस्थं यथामलम् ।
व्रणशोथे व्रणे सद्योव्रणे नाडीव्रणेऽपि च ।।९०।।

83-90. The following measures and products are considered to be helpful for the patients suffering *vraṇa* and *śotha* disorders: *vimlāpana* (suppressing *vraṇa*), blood letting, *upanāhana* (poultice), *vipāṭana* (*cidana*), *śodhana*, six types of *ropaṇa* (suppurating wounds), old white *śāli* variety of rice, *yava* (barley), *ṣaṣṭhi* rice, wheat, meat of wild animals and birds, *vilepī*, *lājamanḍa* (*manḍa* of paddy), mustard oil, fruits available during *āṣāḍa* (rainy season) like *karkaṭī*, etc, brinjal, *karkoṭa*, *paṭola*, *kārvellaka*, *neem* leaves, soft leaves of *vetra*, young radish, *suniṣaṇṇaka*, *śāli nca śāka*, *taṇḍulīyaka*, *vāstuka*, *triphalā*, *panasa*, unripe banana fruit, pomegranate, *kaṭukī*, leaves of *jīvantī*, rock salt, grapes, sweet-pungent-edibles, oily, warm and liquid edibles. Also useful measures are the *eṣaṇa*, *śaman*, cauterization, *svedana karma*, bandage, the sprinkling of powder on *vraṇa*, poultice (*lepa*), *dhūpan* (smoke-treatment), wrapping the wound through leaves, fanning it with *uśīra*, sandalwood, *kalka* of sesame, *śītāmbu*, application of water and camphor.

व्रणरोगे पथ्यानि–

नवानि धान्यानि तिलान् कलायान् माषान् कुलत्थान् कृशरान् हिमाम्भः ।
क्षीरेक्षुजातान् विविधान् विकारान्–मद्यानि शाकानि च पत्रवन्ति ।।९१।।
अजाङ्गलं मांसमसात्म्यमन्नंविदाहि विष्टम्भि गुरूणि चापि ।
कट्वम्लशीतं लवणं व्यवायमायासमुच्चैः परिभाषणं च ।।९२।।
प्रियासमालोकनमह्नि निद्रांप्रजागरं चङ्क्रमणं नितान्तम् ।
सदास्थितिं प्रागधिरोपणं च नस्यानि ताम्बूलमजीर्णतां च ।।९३।।
प्रचण्डवातातपधूमवृष्टिरजोभयक्रोधवमिप्रहर्षान् ।
शोकं विरुद्धाशनमम्बुपानं–तीक्ष्णोष्णरूक्षाणि विघट्टनं च ।।९४।।
कण्डूयनं काष्ठनखादितोदं–निरन्नभावं विषमोपचारम् ।

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वैद्यश्चिकित्सन् व्रणशोथरोगं–व्रणं च सद्योव्रणमामयं च ।।९५।।
नाडीव्रणं चापि यशोऽभिलाषी विवर्जयेत्सन्ततमप्रमत्तः ।।९६।।

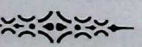
91-96. The following measures and products are considered to be very harmful to patients suffering *vraṇa* and *śotha* disorders: eating fresh variety of rice, sesame, peas, *urada*, *kulattha*, soup (*kṛiscara*), cold water, products of milk-curd, thickened milk, milk powder and the like, products of sugarcane-*guḍa* (jaggery), etc, *madya* (liquor), leafy vegetables, meat of animals and birds excluding those from the wild regions, incompatible cereals, hot edibles, products which make one have feelings inside stomach and heavy foods, *kaṭu*, *āmla* and cold products, salty edibles, indulging in intercourse, physical labour, giving speech with a high pitch of tone, watching pretty women, sleeping during day hours, remaining awake during nights, excessive traveling, remain seated for the long hours, applying *ropaṇa* therapy before the suppuration of *vraṇa*, nasal therapy, eating *tāmbūla*, incompatible foods, get exposed to such situations as the strong wind-sunlight-smoke-rains-dust, fear, anger, *vamana*, *harṣa* (excitement), sorrow, eating indigestible foods and liquids, eating spicy, warm and dry edibles, suppressing *vraṇa*, scratching through nails and using twigs, *langhaṇa* (fasting) and unequal treatments.

अपि च संक्षेपेण व्रणे निषिद्धानि–
नवं धान्यं माषास्तिलगुडकुलत्थाह्वकृशराः–सतीना निष्पावा हरिणकमजानूपपिशितम् ।
हिमाम्भो वल्लूरं लवणकटुकं पिष्टविकृति–र्दधि क्षीरं तक्रं व्रणिषु सकलं दोषजननम् ।।९७।।

97. Freshly harvested rice, *urada*, sesame, *guḍa* (jaggery), *kulattha*, *kṛIścara*, peas, *niṣpāva* (*sem*), deer meat, mutton, meat of marshy animals and birds, cold water, dry meat, salty and *kaṭu* products, *piṣṭi* of rice, curd, milk and *takra* and the like products are all harmful for *vraṇa* patients.

इति भैषज्यरत्नावल्यां व्रणशोथचिकित्साप्रकरणम् ।।४७।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां व्रणशोथचिकित्साप्रकरणम् ।।४७।।

End of the Chapter 47 of Bhaiṣajya Ratnāvalī with Commentary



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अथ सद्योव्रणचिकित्साप्रकरणम् ४८

Chapter 48
Sadyo Vraṇa

मधुयष्टिसिद्धघृतसेचनम्–

सद्यः क्षतं व्रणं वैद्यः सशूलं परिषेचयेत् । यष्टीमधुकयुक्तेन किञ्चिदुष्णेन सर्पिषा ।।१।।

1. Lukewarm *ghṛitam* cooked along with the *kalka* of *yaṣṭimadhu* should be sprinkled over a fresh wound associated with pain.

(Cakradatt)

अपामार्गस्वरसो रक्तनिरोधार्थम्–

अपामार्गस्य संसिक्तं पत्रोत्थेन रसेन तु । सद्योव्रणेषु रक्तं तु प्रवृत्तं परितिष्ठति ।।२।।

2. If the juice of *apāmārga* leaf is applied over a fresh wound, then the bleeding stops.

(Cakradatt)

कर्पूरघृतप्रयोगः–

कर्पूरपूरितं बद्धं सघृतं सम्प्ररोहति । सद्यः शस्त्रक्षतं पुंसां व्यथापाकविवर्जितम् ।।३।।

3. *Ghṛitam* mixed with camphor should be applied over the ulcer and bandaged tightly. It removes pain, prevents suppuration and helps in healing of the freshly occurring ulcer caused by weapon.

(Cakradatt)

शरपुङ्खादिलेपः (च. द.)–

शरपुङ्खा काकजङ्घा प्रथमं माहिषीसुतम् । मलं लज्जा च सद्यस्कव्रणघ्नं पृथगेव तु ।।४।।

4. Śarpunkhādi Lepa:

Śarpunkha, *kāka janghā*, first stool of the male calf of buffalo and *lajjālū* these drugs used separately cure freshly occurring ulcers caused by weapons.

(Cakradatt)

श्वजिह्वाचूर्णचक्रतैललेपौ–

शुनो जिह्वाकृतश्चूर्णः सद्यः क्षतविरोहणः । चक्रतैलं क्षते विद्धे रोपणं परमं मतम् ।।५।।

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5. The powder of the tongue of the dog also helps in the healing of the fresh wound. *Cakra Taila* (the mustard oil obtained by crushing fresh seeds) is exceedingly helpful for healing a lacerated or punctured wound.

(Cakradatt)

सद्योव्रणक्रियाऽवधिनिर्देशः–

इति साप्ताहिकः कार्यःसद्योव्रणहितो विधिः । सप्ताहात्परतः कुर्याच्छारीरव्रणवत् क्रियाम् ।।६।।

6. In the above mentioned manner, therapies should be administered for one week to a patient suffering fresh wounds. After seven days, such patients could be treated on the lines suggested for endogenous ulcers.

अग्निदग्धव्रणचिकित्सा–

पित्तविद्रधिवीसर्पशमनं लेपनादिकम् । अग्निदग्धे व्रणे सम्यक् प्रयुञ्जीत चिकित्सकः ।।७।।
तिलं चैवाग्निना दग्धं यवभस्म समन्वितम् । अग्निदग्धव्रणं नश्येदनेनैवानुलेपनात् ।।८।।
तिलतैले यवान् दग्ध्वा समं कृत्वा तु लेपयेत् । तेनैव लेपनादाशु वह्निदग्धः सुखी भवेत् ।।९।।
सद्यो दग्धं च मधुना लेपं कृत्वा भिषग्वरः । तत्पृष्ठे यवचूणन लेपः स्याद्दाहशान्तये ।।१०।।
मदिषीनवनीतेन क्षीरेण पेषयेत्तिलम् । तेन लेपेन दग्धाङ्गं सदाहं सुखमाप्नुयात् ।।११।।
महाराष्ट्रीजटालेपो दग्धपृष्ठावचूर्णनम् । जीर्णगृहतृणाच्चूर्णं दग्धव्रणहरं परम् ।।१२।।

7-12. Agnidagdhavraṇa Cikitsa:

The *kalka*s which are recommended for curing *pitta* generated *vidradhi* and *visarpa* should be used in curing *Agnidagdhavraṇa* (wounds caused by burning or through contacts of high temprature). Obtain ash of sesame seeds burnt in fire, add to it same quantity of ash of *yava* (barley) and prepare a *kalka* by using oil of *alasi* or coconut. Application of this *kalka* would give relief from *agnidagdhavraṇa*. Similarly, the *kalka* made out of the ash of *yava* and equal amount of sesame oil could also be applied to get rid of *agnidagdhavraṇa*. The *vraṇas* formed immediately after burning should be first treated with honey and powder of *yava* (barley) should be sprinkled over the affected part of the body. This would give relief from burning sensation. Churn sesame seeds with buffalo's butter of milk and apply the *kalka* on the affected parts. This would also provide relief from pain and burning sensation. Pulverize root of *jalapippalī* with water and apply the same on the burns or obtain powder of the husk used on the top of an old house and sprinkle it on the affected body parts. All these measures would immediately give relief for the patients suffering from burns.

(Cakradatt)

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सवर्णकरणे योगाः–

कालीयकलताऽऽम्रास्थिहेमकालारसोत्तमैः । लेपः सगोमयरसः सवर्णकरणः परः ।।१३।।
चतुष्पदां हि त्वग्रोमखुरशृङ्गास्थिभस्मना । तैलाक्ता चूर्णिता भूमिर्भवेद्रोमवती पुनः ।।१४।।
मनःशिलाऽऽले मञ्जिष्ठा सलाक्षारजनीद्वयम् । प्रलेपः सघृतक्षौद्रस्त्वग्विशुद्धिकरः परः ।।१५।।
व्रणग्रन्थिं ग्रन्थिवच्च जयेत्क्षारेण वा भिषक् ।।१६।।
अन्तर्दग्धकुठेरको दहनजं लेपान्निहन्ति व्रणं–ह्यश्वत्थस्य विशुष्कवल्कलकृतं चूर्णं तथा गुण्डनात् ।
अभ्यङ्गाद्विनिहन्तितैलमखिलंगण्डूपदैःसाधितम्।
पिष्ट्वाशाल्मलितूलकैर्जलगतालेपात्तथाबालुका।।१७।।

13-17. Take equal parts of *kālīyaka* (yellow sandalwood), *latā* (*priyangu*), stone of mango, *nāga keśara*, *manjiṣṭhā* and *rasottam* (*pārada*) and *ghṛitam*. Pulverize all the bulky materials and prepare *kalka* by churning all these materials with juice of cow dung. Application of this *kalka* on the *vraṇa* effected area would immediately get relief.

Take equal parts of the skin of four-legged animals, hair, hoofs, horns and bones. Obtain *bhasma* of these materials and prepare *kalka* by adding oil to it. Applying this *kalka* on the wound cure it and help in generating new skin.

Obtain equal parts of *manahśilā*, *haritāla*, *manjiṣṭhā*, *lākṣā*, *haridrā* and *dāru haridrā*. Powder these materials and churn them along with honey and *ghṛitam* to make a *kalka*. Apply this *kalka* on the wound to get relief from the wound and to get new skin in that place.

Wound (*vraṇa*) in *granthi* should be treated with the medications recommended for *granthiroga* or through *kṣāra*.

Application of the *kalka* of *kuṭheraka* burnt in a sealed jar without exposure to air cures ulcers caused by burn. Spraying the powder of dried barks of *aśvattha* also cures ulcers caused by burn. Similarly, collect *kalka* of earthworms (60 gm.), sesame oil (240 ml.) and water (1 litre approx.) in one jar and methodologically cook them to obtain medicinal oil. Use this oil for massaging and related measures daily to get relief from wounds. One can also apply the *kalka* formed after churning sand obtained from the depth of river with cotton on the affected parts.

(*Gadanigraha*)

जीरकघृतम्–

जीरकपक्वंपश्चात्सिक्थकसर्जरसमिश्रितंहरति । घृतमभ्यङ्गात्पावकदग्धजदुःखं क्षणार्द्धेन ।।१८।।

18. Jīraka Ghṛitam:

Ingredients: *Kalka* of cumin seeds, *mūrcchita ghṛitam*, water, wax and *sarja*.

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Process of Drug-Making: Take *kalka* of cumin seeds measuring 50 gm., *mūrcchita ghṛitam* measuring 200 gm. and water measuring 1 litre. Combine them together and cook the recipe methodologically. Add wax and *sarja* (25 gm. each) to the preparation.

Method of use/Administration: Use this medicated *ghṛitam* in massage or as an ointment.

Therapeutic benefits: It immediately controls the burning sensation of wounds caused by fire.

(Cakradatt)

पाटलीतैलम्–

सिद्धं कल्ककषायाभ्यां पाटल्या कटुतैलकम् । दग्धव्रणरुजास्रावदाहविस्फोटनाशनम् ।।१९।।

19. Pāṭala Tailam:

Ingredients: Decoction of bark of *pāṭala* (*pāṭha*), water, *kalka* of *pāṭala's* bark and *mūrcchita* mustard oil.

Process of Drug-Making: Prepare decoction of bark of *pāṭala* (*pāṭha*) (800 gm.) in water (6.4 litres). Decoct the same till the original quantity is reduced to one eighth. Take *kalka* of the powder of *pāṭala's* bark (50 gm.) and *mūrcchita* mustard oil (200 ml.) in a frying pan. Methodologically cook the preparation and obtain the medicinal oil.

Method of use/Administration: Daily apply this oil on *agnidagdhajanya vraṇa* (wounds caused by burning or through contacts of high temprature).

Therapeutic benefits: This would help in providing relief from pain, bleeding (*strava*), burning sensation and *visphoṭaka*.

(Cakradatt)

मञ्जिष्ठाद्यं तैलम्–

मञ्जिष्ठां चन्दनं मूर्वां पिष्ट्वा तैलं विपाचयेत् । सर्वेषामग्निदग्धानामेतद्रोपणमिष्यते ।।२०।।

20. Manjiṣṭhādya Tailam:

Ingredients: *Manjiṣṭhā*, red sandalwood, *mūrvā*, *mūrcchita* sesame oil and water.

Process of Drug-Making: Take equal parts (i.e. 30 gm. each) of *manjiṣṭhā*, red sandalwood and *mūrvā*. Prepare *kalka* of these materials. Obtain this *kalka* along with *mūrcchita* sesame oil (250 ml.) and water (1 litre). Cook them together methodologically to obtain medicinal oil.

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Method of use/Administration: This oil should be use for massage or for application on the affected parts of the body.

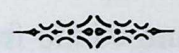
Therapeutic benefits: It gives immediate relief from *agnidagdha vraṇas*(wounds caused by burning or through contacts of high temprature).

(Cakradatt)

इति भैषज्यरत्नावल्यां सद्योव्रणचिकित्साप्रकरणम् ।।४८।।

इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायांसद्योव्रणचिकित्साप्रकरणम् ।।४८।।

End of the Chapter 48 of Bhaiṣajya Ratnāvalī with Commentary



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अथ भग्नरोगचिकित्साप्रकरणम् ४९

Chapter 49
Bhagna Roga

तत्रादौ सेचनालेपनकुशाबन्धनोपदेशः–

आदौ भग्नं विदित्वा तु सेचयेच्छीतलाम्बुना । पङ्केनालेपनं कार्यं बन्धनञ्च कुशान्वितम् ।।
सुश्रुतोक्तन्तु भग्नेषु वीक्ष्य बन्धादिमाचरेत् ।।१।।

1. After ascertaining the nature of the fracture, the physician should sprinkle the affected area with cold water, apply cold-mud over it and bandage it through the *kusa* grass.

(Cakradatt)

अस्थ्नां स्वस्थानीकरणम्–

अवनामितमुन्नह्येदुन्नतञ्चावपीढयेत् । आञ्छेदतिक्षिप्तमधोगतञ्चोपरि वर्त्तयेत् ।।२।।

2. While aligning and setting the fracture, the downwardly bone should be elevated and the elevated bone should be pressed downwards. Thereafter, splint and bandage should be applied. If the bone has moved upwards, then it should be pulled down and if it has gone downward then it should be pulled up.

(Cakradatt)

मञ्जिष्ठादिलेपः–

आलेपनार्थं मञ्जिष्ठा मधुकं चाम्लपेषितम् । शतधौतघृतोन्मिश्रं शालिपिष्टञ्च लेपनम् ।।३।।

3. Manjiṣṭhādi Lepa:

Ingredients: *Manjiṣṭhā*, *madhuka*, *rakta candana* or the *kalka* of *śāli* rice.

Process of Drug-Making: Get *kalka* of *manjiṣṭhā*, *madhuka* and *rakta candana* or the *kalka* of *śāli* rice.

Method of use/Administration: Apply either of the *kalkas* over the fracture.

Therapeutic benefits: It gives relief to fracture pains.

(Cakradatt)

भग्नबन्धमोक्षणकालः–

सप्तरात्रात् सप्तरात्रात्सौम्येष्वृतुषु मोक्षणम् । कर्त्तव्यं स्यात्त्रिरात्राच्च तत्राग्नेयेषु जानता ।।४।।

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काले च समशीतोष्णे पञ्चरात्राद्विमोक्षयेत् ।।५।।

4-5. The bandage of the broken limb should be opened up after seven days if it is spring and other winter days. After three days if it is summers and after five days in other seasons.

(Cakradatt)

भग्नस्थानपरिषेकः–

न्यग्रोधादिकषायञ्च सुशीतं परिषेचने । पञ्चमूलीविपक्वन्तु क्षीरं दद्यात्सवेदने ।।
सुखोष्णमवतार्यं वा चक्रतैलं विजानता ।।६।।

6. Excessively cooled decoction of drugs belonging to *nyagrodhādi gaṇa* should be used for sprinkling. If there is pain, then the concerned part should be sprinkled with milk boiled by adding *laghu pañcamūla* to the same. These drugs are cold in property.

(Cakradatt)

भग्ने पथ्यानि–

मांसं मांसरसः सर्पिः क्षीरं यूषः सतीनजः । बृंहणं चान्नपानं च देयं भग्नाय जानता ।।७।।

7. For *bhagna roga* patients, meat, meat soup, *ghṛitam*, milk, pulse soup of peas and the like nutritious items are considered to be a good diet.

(Cakradatt)

मधुरौषधसिद्धदुग्धोपयोगः–

गृष्टिक्षीरं ससर्पिष्कं मधुरौषधसाधितम् । शीतलं लाक्षया युक्तं प्रातर्भग्नः पिबेन्नरः ।।८।।

8. Boil *gṛiṣṭi kṣīra* (milk of the cow after her first delivery) along with *ghṛitam* and drugs belonging to *madhura gaṇa* (sweet drugs). Let it cool down to the atmospheric temprature and take it in the morning along with the powder of *lākṣā* to get relief from the pain of fracture.

(Suśruta)

अस्थिसंहारादिचूर्णम्–

सघृतेनास्थिसंहारं लाक्षागोधूममर्जुनम् । सन्धिमुक्तेऽस्थिभग्ने च पिबेत् क्षीरेण मानवः ।।९।।

9. Asthisanharādi Cūrṇam:

Ingredients: Powders of *aṣṭhisanhāra* herb, *lākṣā*, bark of *arjuna*, abstracts of wheat, *ghṛitam* and milk.

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Process of Drug-Making: Obtain equal parts of powders of *aṣṭhisanhāra* herb, *lākṣā* and bark of *arjuna* along with abstracts of wheat. Thus, raise their compound measuring 4 gm.

Method of use/Administration: Take the compound with 12 gm. *ghṛitam* mixed with one quarter litre of milk on daily basis.

Therapeutic benefits: This medication cures dislodged joints and cases of broken bones.

(Cakradatt)

रसोनादियोगः–

रसोनमधुलाक्षाऽऽज्यसिताकल्कं समश्नताम् । छिन्नभिन्नच्युतास्थीनां सन्धानमचिराद्भवेत् ।।१०।।

10. Intake of the *kalka* of *rasona*, *madhuka*, *lākṣā* and sugar helps in the setting and healing of cracked, broken and displaced bones.

(Cakradatt)

पीतवराटिकाभस्मप्रयोगः–

पीतवराटिकाचूर्णं द्विगुञ्जं वा त्रिगुञ्जकम् । अपक्वक्षीरपीतं स्यादस्थिभग्नप्ररोहणम् ।।११।।

11. Taking 250-375 mg. measure of yellow *varāṭikā* powder along with honey and nature warmed milk daily checks cases of broken bones.

(Cakradatt)

भग्नदोषहरौ प्रयोगौ–

क्षीरं सलाक्षामधुकं ससर्पिः स्याज्जीवनीयञ्च सुखावहञ्च ।
भग्नः पिबेत्त्वक् पयसाऽर्जुनस्य गोधूमचूर्णं सघृतेन वाऽथ ।।१२।।

12. Take powder of *lākṣā* and *madhuka* each measuring 1 gm. and 250 ml. of milk treated with 12 gm. of *ghṛitam*. Take this recipe everyday. It comforts the patient of broken bones. Similarly, one should take *kalka* of *arjuna's* bark (3 gm.) along with 12 gm. measure of *ghṛitam* and milk. This recipe should also include powder of wheat grains (10 gm.). One could also take milk treated with *ghṛitam* along with powder of *arjuna* bark as well as powders of wheat grains.

(Cakradatt)

लाक्षागुग्गुलुः–

लाक्षास्थिसंहृत्ककुभाश्वगन्धाश्चूर्णीकृता नागबला पुरश्च ।
संभग्नमुक्तास्थिरुज निहन्यादज्ञानिकुर्यात्कुलिशोपमानि ।।१३।।
अत्रान्यतोऽपि दृष्टत्वात्तुल्यश्चूर्णेन गुग्गुलुः ।।१४।।

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13-14.Lākṣā Guggulu:

Ingredients: *Lākṣā*, *asthi sanhāra*, *kakubha*, *aśvagandhā*, *nāgabalā* and *pura* (*guggulu*).

Process of Drug-Making: Take 12 gm. each of the *lākṣā*, *asthi sanhāra*, *kakubha*, *aśvagandhā*, *nāgabalā* and 60 gm. of the *pura* (*guggulu*). Pulverize all of them together.

Therapeutic benefits: Intake of this powder corrects pain of broken or dislocated bones. It makes the body strong like a thunder-bolt.

(Cakradatt)

आभागुग्गुलुः–

आभाफलत्रिकव्योषैः सवैरेभिः समीकृतैः । तुल्यो गुग्गुलुरायोज्यो भग्नसन्धिप्रसाधकः ।।१५।।

15. Ābhā Guggulu:

Ingredients: *Ābhā*, *triphalā*, *trikaṭu*, *guggulu* and *ghṛitam*.

Process of Drug-Making: One part of each of *ābhā*, *triphalā* and *trikaṭu* and seven parts of *guggulu* should be pounded together by adding *ghṛitam* to the compound. Prepare pills measuring 500 mg. each.

Therapeutic benefits: Intake of this helps in the healing of fracture.

(Cakradatt)

अवस्थानुसारेण भग्नोपशान्तिनिर्देशः (भा. प्र.)–

पूर्वे वयसि जातं हि भग्नं सुकरमादिशेत् । अल्पदोषस्य जन्तोश्च काले तु समशीतले ।।१६।।
प्रथमे वयसित्वेवंमासात्सन्धिःस्थिरो भवेत् । मध्यमे द्विगुणात् कालादन्तिमे त्रिगुणात्तथा ।।१७।।

16-17. Fracture is easily curable, if the patient is young, if the *doṣas* are less aggravated and if the time is autumn. In young age the fracture heals in one month; in middle age it takes double the time and in old age it takes three months to heal.

(*Bhāvaprakāśa*)

भग्नस्य विशेषरक्षोपदेशः (भा. प्र.)–

नैतिपाकं यथा भग्नं तथा यत्नेन रक्षयेत् । पक्वमांसशिरास्नायु तद्धि कृच्छ्रेण सिद्ध्यति ।।१८।।

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18. One should take care of the wounds and see that the affected parts of body does not gets pus. If the flesh, veins and nerves around the region are infected by pus the cases of broken bones can become difficult to cure.

(*Bhāvaprakāśa*)

भग्नविषये विशेषोपदेशः–

पतनादभिघाताद्वा शूनमङ्गं यदक्षतम् । शीतान् सेकान् भिषक् तस्यावचारयेत् ।।
सव्रणस्य तु भग्नस्य व्रणं सर्पिर्मधूत्तरैः ।।१९।।
प्रतिसार्य कषायैश्च शेषं भग्नवदाचरेत् । वातव्याधिविनिर्दिष्टान् स्नेहांस्तत्रापि योजयेत् ।।२०।।

19-20. If there is an ulcer over the fracture, then it should be anointed with *ghṛitam* and honey and washed with decoctions. Remaining therapies as indicated for fracture as well as th treatments suggested in the chapter of the *vāta vyādhi* should then be administered.

(Suśruta)

गन्धतैलम्–

रात्रौ रात्रौ तिलान्कृष्णान्वासयेदस्थिरे जले । दिवा दिवैवं संशोष्य क्षीरेण परिभावयेत् ।।२१।।
तृतीयं सप्तरात्रन्तु भावयेन्मधुकाम्बुना । ततः क्षीरं पुनः पीताञ्छुष्कान् सूक्ष्मान्विचूर्णयेत् ।।२२।।
काकोल्यादि सयष्ट्याह्वां मञ्जिष्ठांशारिवां तथा । कुष्ठं सर्जरसं मांसीं सुरदारु सचन्दनम् ।।२३।।
शतपुष्पाञ्च संचूर्ण्य तिलचूर्णेन योजयेत् । पीडनार्थञ्च कर्त्तव्यं सर्वगन्धैः शृतं पयः ।।२४।।
चतुर्गुणेन पयसा तत्तैलं विपचेत् पुनः । एलामंशुमतीं पत्रं जीवन्तीं तुरगं तथा ।।२५।।
लोध्रं प्रपौण्डरीकं च तथाकालानुशारिवाम् । शैलेयकं क्षीरशुक्लामनन्तां समधूलिकाम् ।।२६।।
पिष्ट्वा शृङ्गाटकञ्चैव प्रागुक्तान्यौषधानि च । एभिस्तद्विपचेत्तैलं शास्त्रविन्मृदुनाऽग्निना ।।२७।।
एतत्तैलं सदा पथ्यं भग्नानां सर्वकर्मसु । आक्षेपके पक्षघाते चाङ्गशोषे तथाऽर्दिते ।।२८।।
मन्यास्तम्भे शिरोरोगे कर्णशूले हनुग्रहे । बाधिर्ये तिमिरे चैव ये च स्त्रीषु क्षयं गताः ।।२९।।
पथ्यं पाने तथाऽभ्यङ्गे नस्ये बस्तिषु योजयेत् । ग्रीवास्कन्धोरसां वृद्धिरनेनैवोपजायते ।।३०।।
मुखञ्च पद्मप्रतिमं ससुगन्धिसमीरणम् । गन्धतैलमिदं नाम्ना सर्ववातविकारनुत् ।।३१।।
राजार्हमेतत्कर्त्तव्यं राज्ञामेव विचक्षणैः । तिलचूर्णाच्चतुर्थांशं मिलितं चूर्णमिष्यते ।।३२।।

21-32.Gandha Tailam:

Ingredients: Black variety of *tila* seeds, cow milk, decoction of *madhuyaṣṭī*, powders of *madhuyaṣṭī*, *manjiṣṭhā*, *anantamūla*, *kuṣṭha*, *sarja*, *mānsī*, *devadāru*, *rakta candana*, aniseeds, *kalka* and decoction of all the herbs of *elādi* group, *elā*, *amśumatī*, *patra*, *jīvaka*, *tagara*, *lodhra*, *prapaundarīka*, *kalanusārivā*, *saiṛiyaka*, *kṣīra sukla*, *anantā*, *madhūlikā*, *śṛīngāṭaka*, herbs of *kākolyādi* group, *madhuyaṣṭī*, *manjiṣṭhā*, *anantamūla*, *kuṣṭha*, *sarja*, *jaṭāmānsī*, *devadāru*, *rakta candana* and aniseeds.

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Process of Drug-Making: Pack four kilograms of black variety of *tila* seeds in a piece of cotton and tie it with a string. Place the tied pack inside flowing water of a river. Next morning, unpack the herb and dry the seeds under the sun. In the evening again repeat the above process. Likewise, continue this method for seven consecutive days. Subsequently, soak these seeds into cow milk for overnight. Next morning dry the grains. In the evening soak them again in fresh cow milk. Repeat this process also for seven consecutive days. Following that prepare decoction of *madhuyaṣṭī* (by taking *madhuyaṣṭī* in measure equal to the sesame seeds, water measuring eight times, decocted till one eighth). Soak the sesame seeds in this decoction for overnight and next day dry them under sun. The following evening take fresh decoction of *madhuyaṣṭī* and repeat the process. Thus repeat the process for seven days. Finally add to it powders of equal parts of *madhuyaṣṭī*, *manjiṣṭhā*, *anantamūla*, *kuṣṭha*, *sarja*, *mānsī*, *devadāru*, *rakta candana* and aniseeds (see that their combined weight of these herbs remains one kilogram). After that triturate the sesame seeds along with milk treated with *kalka* and decoction of all the herbs of *elādi* group. Finally, place the seeds and obtain *mūrcchita* sesame oil.

Thus obtain one litre of *mūrcchita* sesame oil and cook it along with cow milk measuring four litres and water measuring 16 litres along with *kalka* measuring 240 gm. prepared out of the equal parts of the following herbs: *elā*, *amśumātī*, *patra*, *jīvaka*, *tagara*, *lodhra*, *prapaunḍarīka*, *kalanusārivā*, *saiṛiyaka*, *kṣīra sukla*, *anantā*, *madhulika*, *śṛīngāṭaka* and herbs of *kākolyādi* group, *madhuyaṣṭī*, *manjiṣṭhā*, *anantamūla*, *kuṣṭha*, *sarja*, *jaṭāmānsī*, *devadāru*, *rakta candana* and aniseeds.

Method of use/Administration: It can be used as a drink, for massage, *nasya* (inhalation), medicated *basti* (enema) and in food.

Therapeutic benefits: This medicated oil is always useful in all therapies for the treatment of fracture. It is also useful for *ākṣepaka*, *pakṣaghāta* (hemiplegia), *talu śoṣa* (dryness of palate), *ardita* (facial paralysis), *manyāstambha* (torticolis), *śiroroga* (diseases of the head), *karṇa śūla* (earache), *hanugraha* (lock-jaw), deafness, *timira* (cataract) and consumption because of excessive sexual indulgence. Strength of neck, shoulder and chest is increased by the use of this recipe. It gives good complexion to the face and good odour to the body. This is called *Gandha Taila*. It cures all *vātika* diseases. This recipe is also useful for

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patients suffering from *pralepaka*, consumption, *prameha* (i.e. urinary disorders including diabetes), phthisis, fever and suppressed power of digestion.

(Suśruta)

भग्नरोगे पथ्यानि–

शीताम्बुसेचनं पङ्कप्रदेहो बन्धनक्रिया । शालिप्रियङ्गुगोधूमा यूषो मुद्गसतीनयोः ।।३३।।
नवनीतं घृतं क्षीरं तैलं मांसरसो मधु । पटोलं लशुनं शिग्रु पत्तूरो बालमूलकम् ।।३४।।
द्राक्षा धात्री वज्रवल्ली लाक्षा यच्चापि बृंहणम् । तत्सर्वं भिषजा नित्यं देयं भग्नाय जानता ।।३५।।

33-35. The patient of bone-fracture should be served with cold water and mud should be pasted over the affected part of his body. Intake of *śāli* type of rice, meat soup, *priyangu*, wheat, pulse soup of mudga peas, butter, milk, *ghṛitam*, oil, honey, *paṭola*, garlic pearls, *śigru* (drum sticks), *pattūra*, young radish, grapes, *āmalakī*, *vajra vallī* and *lākṣā*. He should also take aphrodisiac edibles. The wise physicians should take care of these.

(Suśruta)

भग्नरोगेऽपथ्यानि–

लवणं कटुक क्षारमम्लं मैथुनमातपम् । व्यायामञ्च न सेवेत भग्नो रूक्षान्नमेव च ।।३६।।

36. Diet and Regimens: The patient of bone-fracture should avoid salt, pungent, *kṣāra* (alkali preparation) as well as sour ingredients of food, sexual intercourse, exposure to sun, physical exercise and un-unctuous food.

(Suśruta)

भग्नारोग्यलक्षणम्–

भग्नसन्धिमनाविद्धमहीनाङ्गमनुल्वणम् । शुभचेष्टाप्रचारं च सम्यक् सन्धितमादिशेत् ।।३७।।

37. Symptoms of cured cases of fracture: when the patient feels no pain in moving the affected limb, when it does not get into a smaller shape, there is no edema, it should be construed that the fracture has healed up.

(Suśruta)

इति भैषज्यरत्नावल्यां भग्नरोगचिकित्साप्रकरणम् ।।४९।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां भग्नरोगचिकित्साप्रकरणम् ।।४९।।

End of the Chapter 49 of Bhaiṣajya Ratnāvalī with Commentary

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अथ नाडीव्रणचिकित्साप्रकरणम् ५०

Chapter 50
Nāḍi Vraṇa (Sinus Fistula)

नाडीव्रणे शस्त्रकर्म–

नाडीनां गतिमन्विष्य शस्त्रेणापाट्य कर्मवित् । सर्वव्रणक्रमं कुर्याच्छोधनं रोपणादिकम् ।।१।।

1. Surgical Management of the cases of *nāḍī vraṇa*: After ascertaining the direction of the tract, it should be incised by a physician well versed in the art of surgery. Thereafter, therapies meant for an ulcer, viz, cleaning therapy and healing therapy should be employed.

(Cakradatt)

वातनाडीचिकित्सा–

नाडीं वातकृतां साधुपाटितां लेपयेद्भिषक् । प्रत्यक्पुष्पीफलयुतैस्तिलैः पिष्टैः प्रलेपयेत् ।।२।।

2. Ointment for *Vātaja* Sinus: If the sinus is caused by *vāta*, then the tract should be properly incised and the *kalka* of *pratyak puṣpī* (*apāmārga*) (its seeds or fruits) and sesame should be applied over it.

(Cakradatt)

पैत्तिकनाडीचिकित्सा–

पैत्तिकीं तिलमञ्जिष्ठानागदन्तीनिशाद्वयैः ।।३।।

3. Ointment for *Pittaja* Sinus: If the sinus is caused by *pitta*, then the *kalka* of sesame, *manjiṣṭhā*, *nāga dantī*, *haridrā* and *dāru haridrā* should be applied over it.

(Cakradatt)

श्लैष्मिकनाडीचिकित्सा–

श्लैष्मिकीं तिलयष्ट्याह्वनिकुम्भारिष्टसैन्धवैः ।।४।।

4. Ointment for *Kaphaja* Sinus: If the sinus is caused by *kapha*, then the *kalka* of sesame, *madhuyaṣṭī*, *nikumbha*, *ariṣṭa* (*nimba*) and rock-salt should be applied over it.

(Cakradatt)

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शल्यजनाडीचिकित्सा–

शल्यजां तिलमध्वाज्यैर्लिप्त्वा बन्धनमाचरेत् ।।५।।

5. Treatment for *Salyaja* Sinus: If the sinus is caused by a foreign body, then the tract should be incised and cleaned, and the *kalka* of sesame seeds, honey and *ghṛitam* should be applied over it.

(Cakradatt)

आरग्वधादिसूत्रवर्त्तिः–

आरग्वधनिशाकालाचूर्णाज्यक्षौद्रसंयुता । मूत्रवर्त्तिव्रणे योज्या शोधनी गतिनाशिनी ।।६।।

6.Āraghvādi Sūtra Varttī:

Ingredients: Powders of *āragvadha*, *niśā* and *kāla*, *ghṛitam*, honey and cow urine.

Process of Drug-Making: Take 6 gm. each of the powders of *āragvadha*, *niśā* and *kāla* and 12 gm. each of *ghṛitam* and honey along with cow urine measuring 192 ml. Compound them together into a *kalka*. This *kalka* should be smeared over cotton thread, made to the shape of *varttī* and dried.

Method of use/Administration: Apply this *varttī* over the sinus tract.

Therapeutic benefits: It helps in sinus tract's cleansing and it arrests further progress of the sinus tract.

(Cakradatt)

गुणवतीवर्त्तिः (ध. च.)–

तुल्यं सर्जरसं लोध्रं सिन्दूरातिविषे निशा । अक्षकम्पिल्लश्रीवासगुग्गुलुघृततैलकैः ।।
तुल्यांशं पेषयेत्पिण्डं तत्तुल्यं सिक्थकं भवेत् । मृद्वग्निना पचेत्पात्रे मिश्रितं तं समुद्धरेत् ।।
वर्त्तिर्गुणती नाम याज्या शीतजलान्विता ।।७।।
दुःसाध्यव्रणगण्डेषु तथा नाडीव्रणेषु च । शोधने रोपणे चैव स्वास्थ्यमुत्पादयत्यसौ ।।८।।

7-8. Guṇavatī Varttī:

Ingredients: *Rāla*, *lodhra*, *sindūra*, *ativiṣa*, *haridrā*, *vibhītaka*, *kāmpilla*, *śṛīvāsa*, *guggulu*, *ghṛitam*, oil and wax.

Process of Drug-Making: Take 10 gm. each of *sarja rasa*, *lodhra*, *sindūra*, *ativiṣa*, *haridrā*, *vibhītaka*, *kāmpilla*, *śṛīvāsa*, *guggulu*, *ghṛitam* and oil. Pulverize them together and add to the compound, wax equal to the combined weight of the other herbs (110 gm.). On a slow heat melt the wax and combine all the materials into one compound. Cool it with cold water.

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Method of use/Administration: Apply it as ointment on wounds.

Therapeutic benefits: This would cure difficult cases of *vraṇa*, *gaṇḍa* and *nāḍī vraṇa*.

घोण्टाफलादिवर्त्तिः–

घोण्टाफलत्वङ्मदनात्फलानि पूगस्य च त्वग्लवणं च मुख्यम् ।
स्नुह्यर्कदुग्धेन सहैष कल्को वर्त्तीकृतो हन्त्यचिरेण नाडीम् ।।९।।

9. Ghonṭāphalādi Varttī:

Ingredients: Seed pulp of the fruit of *ghonṭā* (*badara*), fruit of *madana*, *pūga* (excluding its kernel), rock salt, latex of *snuhī* and *arka*.

Process of Drug-Making: Take equal parts of the seed pulp of the fruit of *ghonṭā* (*badara*), fruit of *madana*, *pūga* (excluding its kernel) and rock salt. Get them triturated along with the latex of *snuhī* and *arka*. A *varttī* should be prepared out of this *kalka*.

Therapeutic benefits: It cures sinus quickly.

(Cakradatt)

माक्षिकलवणादिवर्त्तिः–

वर्त्तीकृतं माक्षिकसम्प्रयुक्त नाडीघ्नमुक्तं लवणोत्तम वा ।
दुष्टव्रणे यद्विहितञ्च तैलं तत्सेव्यमानं गतिमाशु हन्ति ।।१०।।

10.Mākṣikalavaṇādi Varttī:

Ingredients: Rock salt and honey.

Process of Drug-Making: Prepare *varttī* (elongated pill) from rock salt mixed with honey.

Method of use/Administration: Medicated oils, prescribed for the treatment of *duṣṭha vraṇa* (purified ulcers), should also be administered to arrest the progress of the sinus tract.

Therapeutic benefits: Application of this measure cures sinus.

(Cakradatt)

जात्यादिवर्त्तिः–

जात्यर्कशम्पाककरञ्जदन्तीसिन्थूत्थसौवर्चलयावशूकैः ।
वर्त्तिःकृताहन्त्यचिरेणनाडीं स्नुक्क्षीरपिष्टासह चित्रकेण ।।११।।

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11. Jātyādi Varttī:

Ingredients: *Jātī*, *arka*, *śampāka*, *karañja*, *dantī*, *sindhūttha*, *sauvarcala*, *yavakṣāra*, *citraka* and latex of *snuhī*.

Process of Drug-Making: Get *kalka* made of equal parts of *jātī*, *arka*, *śampāka*, *karañja*, *dantī*, *sindhūttha*, *sauvarcala*, *yavakṣāra* and *citraka*. Get it triturated along with the latex of *snuhī*. Out of this *kalka*, *varttīs* (elongated pills) should be prepared.

Therapeutic benefits: Application of this cures *nāḍi* (sinus) quickly.

(Cakradatt)

कङ्गुनीमूलचूर्णप्रयोगः–

माहिषदधिकोद्रवभक्तमिश्रितंहरतिचिरविरूढाञ्च । भुक्तंकङ्गुनिकामूलचूर्णमतिदारुणांनाडीम्।।१२।।

12. Intake of the boiled and de-husked seeds of *kodrava* along with curd prepared out of buffalo-milk or taking the powder of the root of *kangunikā* cures serious types of chronic *nāḍi* (sinus).

(Cakradatt)

विडङ्गादिचूर्णम् (यो. र.)–

विडङ्गत्रिफलाकृष्णाचूर्णं लीढं समाक्षिकम् । हन्ति कुष्ठक्रिमीन् मेहनाडीव्रणभगन्दरान् ।।१३।।

13. Viḍangādi Cūrṇam:

Ingredients: *Vāya viḍanga*, *haraḍa*, *vibhītaka*, *āmalakī* and *pippalī*.

Process of Drug-Making: Obtain *vāya viḍanga*, *haraḍa*, *vibhītaka*, *āmalakī* and *pippalī* in equal parts. Churn them together and obtain their powder.

Method of use/Administration: Take 1 gm. measure of this powder and consume it along with honey.

Therapeutic benefits: Regular consumption of this medicine would provide relief in *kuṣṭha* (skin diseases including leprosy), *kṛimi*, *prameha* (i.e. urinary disorders including diabetes), *nāḍi vraṇa* and *arśa*.

(*Yoga Ratnākar*)

क्षारसूत्रप्रयोगार्हाः–

कृशदुर्बलभीरूणां गतिर्मर्माश्रिता च या । क्षारसूत्रेण तां छिन्द्यान्न शस्त्रेण कदाचन ।।१४।।

14. Application of *Kṣāra Sūtra*: If the patient of *nāḍi* (sinus) is emaciated, weak or timid, and if the sinus is located over a *marma* (vital organ), then incision

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of the sinus tract with the help of sharp surgical instruments is prohibited. The sinus tract of such a patient should be cut with the help of *kṣāra sūtra* (thread processed by smearing the *kalka* of alkalies).

(Cakradatt)

क्षारसूत्रप्रयोगविधिः–

एषण्या गतिमन्विष्य क्षारसूत्रानुसारिणीम् । सूचीं निदध्याद् गत्यन्ते चोन्नम्याशु निहरेत् ।।१५।।
सूत्रस्यान्तं समानीय गाढबन्धं समाचरेत् । ततः क्षारबलं वीक्ष्य सूत्रभन्यत्प्रवेशयेत् ।।१६।।
क्षारोक्तं मतिमान् वैद्यो यावन्नच्छिद्यते गतिः । भगन्दरेऽप्येष विधिः कार्यो वैद्येन जानता ।।१७।।

15-17. First of all, trace the direction of the *nāḍivraṇa* using a probe (*aiṣni*). After that the *kṣāra sūtra* should be administered through the mouth of the wound. A surgery should be performed there. The *kṣāra sūtra* should be binded at both the ends. If the *kṣāra sūtra* has not been properly treated with *kṣāra* one should also use another *kṣāra sūtra*. Thus so long as all the branches of *nāḍi vraṇa* are not removed, one should use fresh *kṣāra sūtras*. The knowledgeable physician should also use this method in administering *kṣāra sūtra* to treat cases of *bhagandara*.

(Cakradatt)

अर्बुदादिषु क्षारसूत्रप्रयोगः–

अर्बुदादिषु चोत्क्षिप्य मूले सूत्रं निधापयेत् । सूचीभिर्यववक्त्राभिराचितं वा समन्ततः ।।
मूलं सूत्रेण बध्नीयाच्छिन्ने चोपाचरेद् व्रणम् ।।१८।।

18. In tumour, etc, the growth should be elevated and its root should be tightly tied. Alliteratively, the root of the tumour should be scratched with the help of a needle having sharp-cutting edges (*yavavaktra*), and over this scratched surface, the *kṣāra sūtra* (thread processed by smearing with alkalies) should be tied tightly. After the lump is cut out, the resultant ulcer (cut surface) should be treated according to the prescribed procedure.

(Cakradatt)

सप्ताङ्गगुग्गुलुः–

गुग्गुलुस्त्रिफलाव्योषैः समांशैराज्ययोजितः । नाडीदुष्टव्रणशूलभगन्दरविनाशनः ।।१९।।

19. Saptāñga Guggulu:

Ingredients: *Hiñgula*, *harītakī*, *vibhītakī*, *āmalakī*, *śunṭhī*, *pippalī*, *marica* and *ghṛitam*.

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Process of Drug-Making: Obtain 72 gm. of *hiñgula* and 12 gm. each of the *harītakī*, *vibhītakī*, *āmalakī*, *śunṭhī*, *pippalī* and *marica*. Get them triturated along with the *ghṛitam* for nine hours. Finally prepare pills measuring 1 gm. each.

Method of use/Administration: One pill of this medicine should be taken in the morning as well as in evening everyday.

Therapeutic benefits: Intake of this potion cures *nāḍi* (sinus), *duṣṭha vraṇa* (putrefied ulcer), *śūla* (colic pain) and *arśa* (anal fistula).

(Cakradatt)

श्यामाघृतम् (व. से.)–

श्यामात्रिभण्डीत्रिफलासुसिद्धं हरिद्रया तिल्वकवृक्षकेण ।
घृतंसदुग्धंव्रणतर्पणेन हन्याद्गतिंकोष्ठगताऽपियास्यात् ।।२०।।

20. Śyāmā Ghṛitam:

Ingredients: Black *niśotha*, *haraḍa*, *vibhītaka*, *āmalakī*, *haridrā*, *lodhra*, *mūrcchita ghṛitam* and milk.

Process of Drug-Making: Obtain equal parts of black *niśotha*, *haraḍa*, *vibhītaka*, *āmalakī*, *haridrā* and *lodhra*. Raise 240 gm. of this mixture and churn it to prepare a *kalka*. Place this *kalka* in 1 litre (approx.) of *mūrcchita ghṛitam* and 4 litres (approx.) of milk. Cook the same till the milk boils over. Triturate it and store the medicine.

Therapeutic benefits: Apply this to get relief from *koṣṭhagata nāḍivraṇa*.

(Vangasen)

स्वर्जिकाद्यं तैलम् (नाडीव्रणे)–

स्वर्जिकासिन्धुदन्त्यग्निरूपिकानलनीलिकाः । खरमञ्जरिबीजानि तैलं गोमूत्रपाचितम् ।।२१।।
दुष्टव्रणप्रशमनं कफनाडीव्रणापहम् ।।२२।।

21-22. Svarjikādya Tailam:

Ingredients: *Svarjikṣāra*, rock salt, *dantī*, *agni* (*citraka*), *rupikā* (*śveta arka*), *anala* (*bhallātaka*), *nīlikā*, seeds of *khara mañjarī*, *śigru* oil, cow urine and *murcchita* sesame oil.

Process of Drug-Making: Get 30 gm. measure each of the following: *svarjikṣāra*, rock salt, *dantī*, *agni* (*citraka*), *rupikā* (*śveta arka*), *anala*

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(*bhallātaka*), *nīlikā* and seeds of *khara mañjarī*. Compound them into a powder and prepare a *kalka* out of them. Obtain 750 ml. measure of *mūrcchita* sesame oil and cow urine measuring four times of the sesame oil and cook all the ingredients together.

Therapeutic benefits: This medicated oil cures *duṣṭha vraṇa* (putrefied ulcer) and *nāḍi vraṇa* (sinus) caused by *kapha*. It also checks *duṣṭha vraṇa* (putrefied ulcer) and *nāḍi vraṇa* (sinus) caused by *kapha*.

(Cakradatt)

कुम्भीकाद्यं तैलम्–

कुम्भीकखर्जूरकपित्थबिल्ववनस्पतीनान्तु शलाटुवर्गैः ।
कृत्वा कषायं विपचेत्तु तैलमावाप्य मुस्तासरलप्रियङ्गून् ।।२३।।
सौगन्धिकामोचरसाहिपुष्पलोध्राणि दत्त्वा खलुधातकीञ्च ।
एतेनशल्यप्रभवाहिनाडीरोहेद्व्रणोवैसुखमाशुचैव ।।२४।।

23-24.Kumbhīkādya Tailam:

Ingredients: *Kumbhika*, *kharjūra*, *kapittha*, *bilva*, other plants belonging to *śalāṭu varga* (a group whose immature fruits are cut into thin slices, dried and used in medicine), *mustā*, *sarala*, *priyangu*, *saugandhikā*, *mocarasa*, *nāgakeśara*, *lodhra* and *dhātakī* (flowers).

Process of Drug-Making: Take equal parts (i.e. 30 gm. each) of *kumbhika*, *kharjūra*, *kapittha*, *bilva* and other plants belonging to *śalāṭu varga* (a group whose immature fruits are cut into thin slices, dried and used in medicine). Thus raise 1 kg. of the above herbs. Boil them down in water measuring 16 litres and thus reduce the quantity to four litres. To this decoction, add *kalka* of the following herbs taken in equal parts (30 gm. each): *mustā*, *sarala*, *priyangu*, *saugandhikā*, *mocarasa*, *nāgakeśara*, *lodhra* and *dhātakī* (flowers). Thus obtain the medicated oil.

Therapeutic benefits: By the application of this medicated oil, *nāḍi vraṇa* (sinus) caused by the foreign body gets healed up easily and quickly.

(Cakradatt)

भल्लातकाद्यं तैलम्–

भल्लातकार्कमरिचैर्लवणोत्तमेन सिद्धं विडङ्गरजनीद्वयचित्रकैश्च ।
स्यान्मार्कवस्य च रसेन निहन्ति तैलं–नाडीं कफानिलकृतामपचीव्रणांश्च ।।२५।।

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25. Bhallātkādya Tailam:

Ingredients: *Bhallātaka* (seed pulp), *arka*, *marica*, rock salt, *viḍanga*, *haridrā*, *dāru haridrā*, *citraka*, *mūrcchita* sesame oil and juice of *mārkava*.

Process of Drug-Making: Take equal parts (i.e. 30 gm. each) of *bhallātaka* (seed pulp), *arka*, *marica*, rock salt, *viḍanga*, *haridrā*, *dāru haridrā* and *citraka*. Compound them into a *kalka*. Cook the *kalka* along with *mūrcchita* sesame oil measuring 1 litre as well as juice of *mārkava* measuring 4 litre. Thus obtain the medicated oil.

Therapeutic benefits: It cures *nāḍi* (sinus) caused by *kapha* and *vāta*, *apācī* (tubercular adenttis) and ulcers.

(Cakradatt)

निर्गुण्डीतैलम्–

समूलपत्रां निर्गुण्डीं पीडयित्वा रसेन तु । तेन सिद्धं समं तैलं नाडीव्रणविशोधनम् ।।२६।।
हितं पामाऽपचीनान्तु पानाभ्यञ्जननावनैः । विविधेषु च रोगेषु तथा सर्वव्रणेषु च ।।२७।।

26-27.Nirgunḍī Tailam:

Ingredients: Entire plant of *nirgunḍī* including its roots and leaves and *mūrcchita* sesame oil.

Process of Drug-Making: Remove the entire plant of *nirgunḍī* including its roots and leaves and squeeze it to obtain the juice measuring 4 litre. Add to this, *mūrcchita* sesame oil measuring 12 litre and cook them together.

Method of use/ Administration and Therapeutic benefits: Administration of this medicated oil in the form of *pāna* (taking internally), massage and *nasya* (inhalation therapy) cures *pāma* (eczema), *apācī* (tubercular adenitis), different types of postural ulcers. This medicinal oil cleanses *nāḍi vraṇa* (sinus).

(Cakradatt)

हंसपादीतैलम्–

हंसपाद्यरिष्टपत्रं जातीपत्रं ततो रसैः । तत्कल्कैश्च पचेत्तैलं नाडीव्रणविशोधनम् ।।२८।।

28. Hamsapādi Tailam:

Ingredients: Juice of the leaves of plant *hamsapādi*, *nimba*, *jātī* and *mūrcchita* sesame oil.

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Process of Drug-Making: Take 3 litre juice of the leaves of plant *hamsapādi*, *nimba* and *jātī*. Also obtain 240 ml. *kalka* of the above leaves. Take this *kalka* and above juice and mix into it *mūrcchita* sesame oil measuring 750 ml. Cook all the ingredients together and thus obtain medicinal oil.

Therapeutic benefits: This medicated oil cleanses *nāḍi vraṇa* (sinus).

हिंस्राद्यं तैलम् (भा. प्र.)–

हिस्रांहरिद्रांकटुकांबलांचगोजिह्विकांचापिसबिल्वमूलाम् ।
संहत्यतैलंविपचेद्व्रणस्य संशोधनंपूरणरोपणं च ।।२९।।

29.Himsrādyam Tailam:

Ingredients: *Hinstra* (its root or the *jaṭāmānsī*), *haridrā*, *kaṭukī*, *balā*, saliva of cow, bark of the roots of *bilva* tree, water and *mūrcchita* sesame oil.

Process of Drug-Making: Take equal part (i.e. 40 gm. each) of *hinstra* (its root or the *jaṭāmānsī*), *haridrā*, *kaṭukī*, *balā*, saliva of cow and bark of *bilva's* root. Obtain one quarter of this mixture and triturate it. Prepare a *kalka* by churning with water. Methodologically cook this *kalka* in *mūrcchita* sesame oil (1 litre) and water (4 litres).

Method of use/Administration andTherapeutic benefits: Daily apply this oil to get relief from *nāḍivraṇa*. The recipe could alo be applied in the *pūraṇa* and *ropana* therapies.

(*Bhāvaprakāśa*)

कर्चूरतैलम् (भा. प्र.)–

कर्चूरकस्य स्वरसे कटुतैलं विपाचयेत् । सिन्दूरकल्कितं नाडीदुष्टव्रणविसर्पनुत् ।।३०।।

30.Karcūra Tailam:

Ingredients: *Karcūra*, *mūrcchita* mustard oil and *sindūra*.

Process of Drug-Making: Take decoction of *karcūra* (4 litres) and mix it in *mūrcchita* mustard oil (1 litre). Cook them together and sieve the drug.

Method of use/Administration: Add 50 gm. measure of *sindūra* to the decoction and apply it externally.

Therapeutic benefits: It gives relief from *nāḍivraṇa*, *duṣṭavraṇa* and *visarpa* disorders.

(*Bhāvaprakāśa*)

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सैन्धवाद्यं तैलं कफजनाडीव्रणे (भा. प्र.)–

सैन्धवार्कमरिचज्वलनाख्यैर्माकवेण रजनीद्वयसिद्धम् ।
तैलमेतदचिरेण निहन्याद् दूरगामपि कफानिलनाडीम् ।।३१।।

31.Saindhavādya Tailam:

Ingredients: Rock salt, bark of *arka* root, black pepper, bark of *citraka*, *bhṛingarāja*, *haridrā*, *dāru haridrā*, *mūrcchita* sesame oil and water.

Process of Drug-Making: Take 35 gm. each of rock salt, bark of *arka* root, black pepper, bark of *citraka*, *bhṛingarāja*, *haridrā* and *dāru haridrā*. Churn them together and make *kalka* out of it. Methodologically cook this *kalka* in *mūrcchita* sesame oil (1 litre) and water (4 litres).

Method of use/Administration: The oil thus obtained should be applied daily.

Therapeutic benefits: It gives relief from chronic *nāḍi vraṇa* caused due to *vāta* and *kapha* disorders.

(*Bhāvaprakāśa*)

नरास्थितैलम्–

नरास्थितैललेपेन स्फुटितः शुष्यति व्रणः ।।३२।।

32. Narāsthi Tailam:

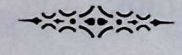
Ingredients: Bone of human skull.

Process of Drug-Making: Churn the bone of human skull and obtain powder. (250 gm.). Methodologically cook it through the *snehapāka* method and thus obtain the medicated oil.

Therapeutic benefits: Apply this oil externally to dry up the *vraṇa*.

इति भैषज्यरत्नावल्यां नाडीव्रणरोगचिकित्साप्रकरणम् ।।५०।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां नाडीव्रणरोगचिकित्साप्रकरणम् ।।५०।।

End of the Chapter 50 of Bhaiṣajya Ratnāvalī with Commentary



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Divide into 106 chapters, each dealing with separated disease and indispositions, *Bhaiṣajya Ratnāvalī* (composed in 19th century A.D. by Shri Govinda Dasji) has been the most popular collection among the practitioners as well as the manufacturers of Ayurvedic medicine across India and neighbouring countries.

The work, rightly named as *Bhaiṣajaya Ratnāvalī* i.e. Gem of the Medicinal Formulae has stressed including the use of mercury and sulphur (the *pārada* and *gandhaka)* as well as other ingredients which were either unavailable or which remained largely unused by the authorities of Ayurveda like Charaka, Suśruta and Vāgbhaṭṭa. Thus, the *Bhaiṣajya Ratnāvalī* updates the entire gamut of Ayurvedic recipes immediately before the impact of the West on Indian medical system.

The author of *Bhaiṣajya Ratnāvalī* really did a great service to collate the countless medical prescriptions in use, and thus saved them for posterity. He wrote in Sanskrit considering the practical as well as sociological significance of the language. The work should have been translated into English much earlier. Nonetheless, it is a matter of pleasure that the English version of this great work is finally made available to the readers.

Considering its wide popularity and immense utility, physician Shri Brahma Shankar Mishra revised the work. Similarly, Shri Ambikadatta Shastri published a commentary of this work in the year 1956. This commentary served the readers greatly as it detailed the parts and amounts of the herbs involved in various formulae recorded. The present work is translated version of the revised work. The commentator also suggested, at places, the doses of various recipes to be taken by the patient. It may be noted that Shri Govinda Das Ji considered the young physicians and practitioners as its potential readers. The commentary of Shri Brahmashankar Mishra helped even a non-professional to take benefit from the great work. This translation has been prepared with a view to extend the reach of *Bhaiṣajya Ratnāvalī* to the professionals as well as the lay readers, the practitioners as well as the patients.

The present translator and the reviewer have stressed to include the original native terms frequently. Thus, the point of view of original writer have been retained free from the bias of the translator. To clarify their meanings, a glossary of Ayurvedic terms and references has been appended at the end of the Volume III of the work. If a few terms have escaped this list the kind readers could refer to our *Dictionary of Ayurveda.*

Dr. Kanjiv Lochan has over 15 years of experience of research in Ayurvedic literature. His earlier works included *Medicines of Early India.* He has obtained a Ph.D. from Jawaharlal Nehru University on History of Ayurveda related Sciences.

ISBN : 81-86937-91-9 (Set)

Price : Rs. 925.00 (Each Vol.)
Rs. 2775.00 (Set of 3 Vols.)

Chaukhambha Sanskrit Bhawan, Varanasi

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